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WORK HARD, PARTY HARDER, TRAIN TO THE MAX, P. 105

**ARE YOU GENTLE
ENOUGH? P.36**

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SPECIAL REPORT

WALK FOR YOUR LIFE

Your Literal Step-By-Step Guide
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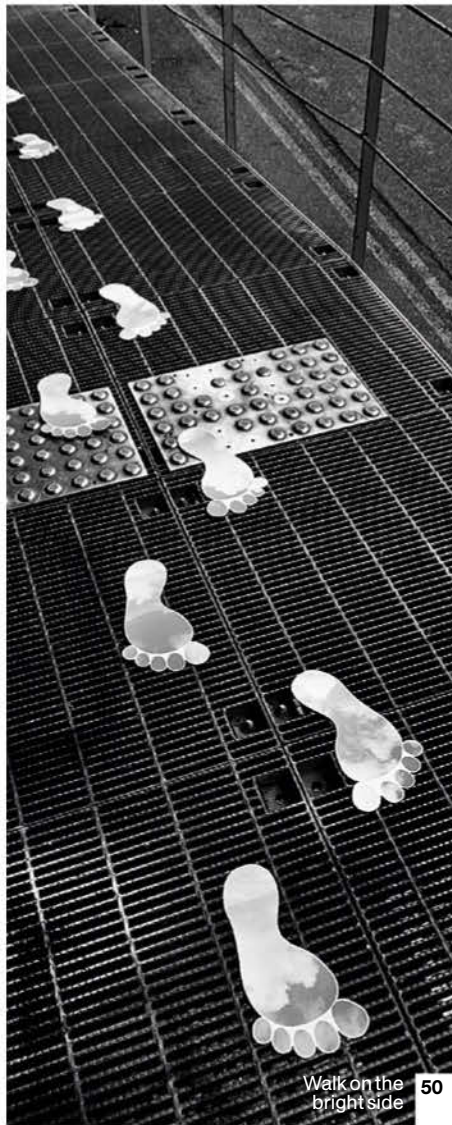


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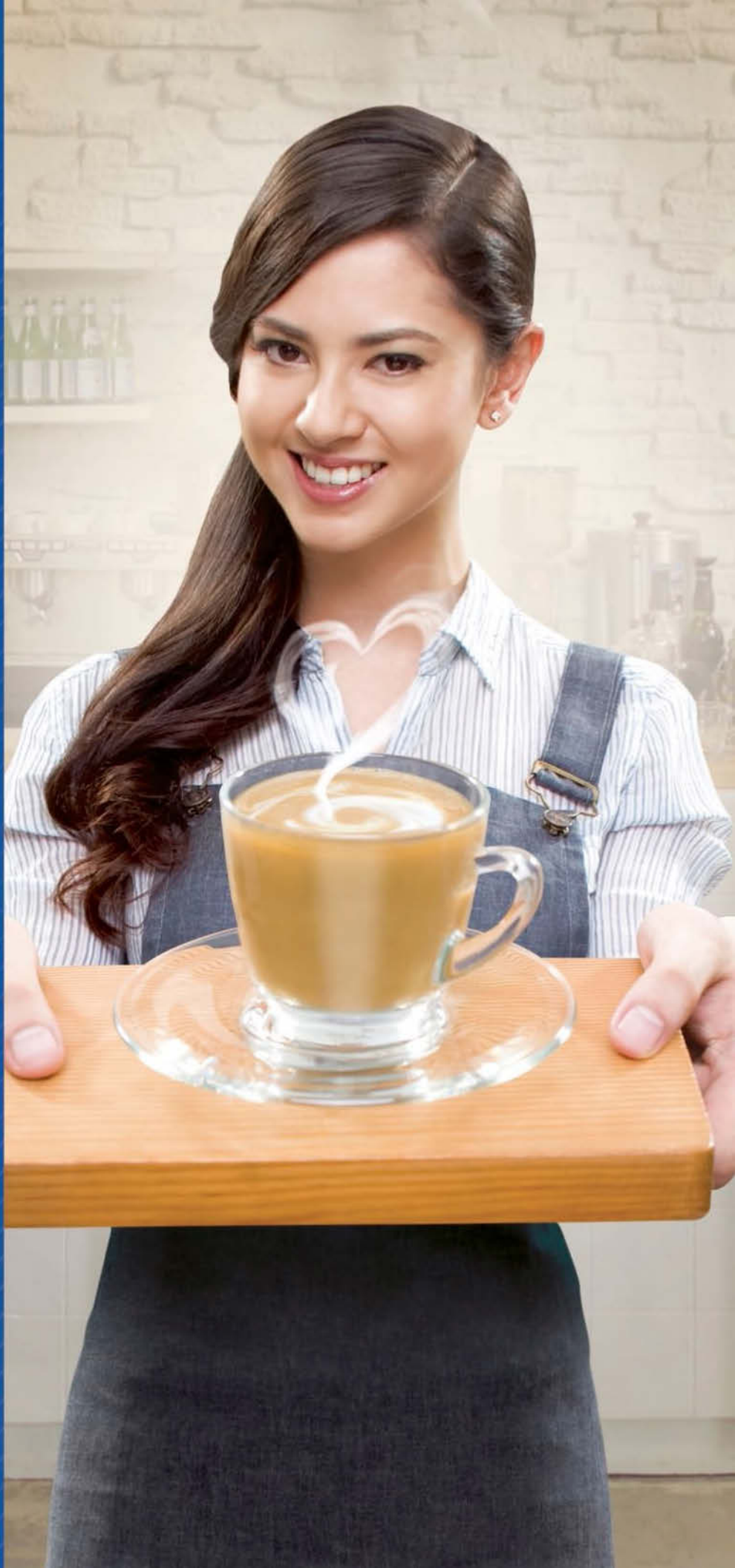


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From the Editors™

Grit Is The Word

Old-school toughies always mesmerize. We love calling them the ultimate

“guy’s guy” because we know and we’ve seen how smoothly they operate, earning our respect in the process.

They treat a dire situation as another opportunity to elevate their game. They experience defeat and embrace the winning lessons it teaches them. They are, if you want to be cinematic about it, your run-of-the-mill John McClanes and Dirty Harrys whose flavorful yet tumultuous adventures in life offer astute teachings on cunningness, sacrifice, persistence, and, yes, even warmth.

My dad was one such guy. An architecture undergrad from the National University, he operated heavy machinery in Saudi Arabia for 10 years to secure for our family a life of modest comfort. On the side, he sold to his fellow Pinoy OFWs anything from shoes to cigarettes to bootleg Betamax copies of PBA games just to augment his income. He came home for good in 1986, when the country, newly free from the shackles of the sinister Marcos dictatorship, had nothing to go by but hope. It was all you could do back then, in the midst of a bleak economy.

That year, he and my equally driven mom invested whatever amount of money they had

saved on a fledgling garments business. My father taught himself how to make patterns out of old newspapers and cut fabric that my mother would then sew together to create a set of printed leggings and matching top (she called it “Summer Long”). They’d sell about 10 dozen of their products out of a rented stall at the Pasig City Mega Market on Saturdays. On Sundays, they’d hawk another 10 dozen on the sidewalk nearest to the bustling Mandaluyong Kalentong Market. In just four months, their little two-man enterprise would grow into a business that employed 10 people. My mom retired and closed up shop 27 years later.

My parent’s success remains one of my favorite non-Christmas-centric Christmas stories ever. I do believe it’s innate in gritty individuals to weave tales that will stand the test of time. And our cover guy Marc Pingris and his Gilas Pilipinas teammate Jimmy Alapag—who stars in our science-backed feature on grit (p. 58)—are the kind of storytellers we here at MH want you to listen to and emulate.

As stalwarts of the now legendary Gilas Pilipinas team, both were instrumental in reviving our passion for Philippine Basketball. Through their exploits, we as a nation got to talk about basketball again in ways that only cement our reputation as one of the world’s most rabid, most knowledgeable, if not the craziest, disciples of the sport—and the whole world joined in on the fun.

Their hardcourt heroism, however, goes beyond putting the Philippines back on the global basketball map. Some time in the future—perhaps a day, a week, a month, a year, a decade or two from today—it is our hope that we as a people will value selflessness, hard work, and a strong sense of nationhood above all.

Marc, Jimmy, and the rest of their courageous teammates, all of them men of true grit, showed us how it should be done. We’re better off following their lead.

The Team Editor

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→
We couldn't have done it without...

Gelo Gonzales

Gelo recently found out that bowties aren’t too bad. He also serves as an editor at *FHM.com.ph*, presently compiling a list of nifty Christmas gift ideas for men. This issue, he pens the cover story as well as a guide to winning at party games like beer pong, poker, and karaoke. **2014 was...** “when I swear I made the best decision in my life: moving to a residence 10 minutes away from the office.”



Larissa Joson

Larissa has always had a thing for words. She can spit them out without pause, and before she got used to writing down random thoughts on a smartphone, her choice for jotting down musings was tissue paper. The Associate Features Editor of *Cosmopolitan* is also one of our collaborators for our “Season’s Heating” feature. **2014 was...** “an uphill climb.”



Louis Arenas

Louis has been an artist since he was a kid, drawing every time and everywhere. He reads a lot of comics and plays a ton of video games. He also likes going on adventures and traveling. He draws the Pinoy Sakuragi workout featured on our cover story.

2014 was... “when I had a fair share of failures and lessons that came with it. I lost a lot but also gained new experiences. 2014 was enlightening.”



00:02
LIFESAVERS

1

SAVE YOUR KNEES...

To make the most of bodyweight exercises, check your feet. Keep your toes pointed forward, not out, as you set your feet shoulder-width apart. This stance creates external rotation torque through your hips, keeping you strong and stable. It also takes pressure off your knees.

BJ Gaddour, C.S.C.S., CEO of StreamFIT; author, *Your Body Is Your Barbell* (Rodale, 2014); creator, *MH DeltaFIT Speed Shred*

2

...AND YOUR SKIN

Our skin is naturally acidic to protect against bacteria. Many soaps are alkaline, though, so they strip away protective oils. To avoid dry, cracked hands, look for a soap that’s pH balanced or one that lists lactic acid or glycolic acid among the first half of its ingredients.

Adnan Nasir, M.D., Ph.D., director of dermatology, Wake Research Associates, Raleigh, NC; adjunct assistant professor of dermatology, UNC Chapel Hill

3

...AND YOUR EYES

I see many patients who have red, irritated eyes because they use drops containing the preservative benzalkonium chloride. But new research from Korea suggests that preservative-free drops are better at relieving inflammation in dry eyes. Check the ingredients!

Kimberly Cockerham, M.D., F.A.C.S., adjunct clinical associate professor, department of ophthalmology, Stanford University School of Medicine

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EXPERT OF THE MONTH

Kara Ballesteros

Kara is an art director with six years worth of experience working for different magazines. Currently, she holds that position with *Good Housekeeping Philippines*. She's always been inclined with designing things and has a penchant for wrapping gifts. She shares how you can wrap stuff of all shapes and sizes this season on p.85.

Our Advisory Board

ORTHOPEDICS

JOSE RAUL CANLAS, MD
Dr. Canlas is the section chief for sports medicine at the Institute of Orthopedic and Sports Medicine, St. Luke's School of Medicine. He is also the medical director of the Philippine Center for Sports Medicine of the Philippine Sports Commission.

EDGAR MICHAEL T. EUFEMIO, MD, FPOA

Dr. Eufemio is the head of the University of the Philippines-Philippine General Hospital (UP-PGH) Department of Orthopedics Sports Clinic.

AMBROSIO VALDEZ III, MD, FPOA

Dr. Valdez is an orthopedic surgeon who went to fellowship training in sports medicine at the University of Cincinnati, and in cartilage resurfacing at Mercy Private Hospital in Melbourne, Victoria, Australia.

PHYSICAL MEDICINE AND REHABILITATION (PM&R)

EDMUND L. MARTINEZ, MD, FPARM, DPBRM
Dr. Martinez is the section head of the Physical Therapy Unit of the Hospital of Infant Jesus, and dean of the College of Physical Therapy of San Juan De Dios Educational Foundation.

JOSE BONIFACIO RAFANAN JR., MD, FPARM

Dr. Rafanan is the head physiotherapist at the sports clinic of the UP-PGH. He also had his clinical observership in sports medicine at Duke University.

MARK HOMER T. TIANGCO, MD, DPBRM, FPARM

Dr. Tiangco is the head of the Physical Medicine and Rehabilitation Department of Angeles University Foundation Medical Center in Angeles City. He's also a consultant for MegaClinics in SM Megamall in Mandaluyong City.

STRENGTH AND CONDITIONING HERCULES PAULMINO CALLANTA, CSCS

Callanta is an associate professor at the College of Human Kinetics of UP Diliman. He develops and implements specific fitness and training programs for athletes in badminton, swimming, basketball, football, and weightlifting.

LUIGI T. BERCADES, MS, CSCS

Bercades received his master's degree in exercise physiology from the University of Oregon, and is currently teaching at the Auckland University of Technology.

CARLOMAGNO CANTA, CSCS

Canta is a Certified Strength and Conditioning Specialist. He has handled the conditioning of numerous champions in wrestling, mixed martial arts, softball, basketball, rowing, football, and has been invited to contribute in various military units such as the Philippine Scout Rangers and Philippine Military Academy.

FITNESS & EXERCISE

JIM SARET, MSAT, PES, SAQ, CAPT

Saret is the sports training consultant for the Philippine Olympic Committee and is a host and trainer for the TV Show *The Biggest Loser*.

NUTRITION

ARMANDO MENDOZA JR, PTRP

Armand Mendoza is a licensed physical therapist, holding international certifications for personal training, lifestyle and weight management coaching, sports nutrition, and contemporary Pilates. He trains clients at B-Infinity Studio in Bonifacio Global City, Taguig.

LUZ FELICIDAD

SOCRATES CALLANTA, MS

Callanta holds a master's degree in nutrition from UP Diliman. She lectures on sports nutrition in different schools and teaches at the College of Home Economics of UP Diliman and the Center for Culinary Arts (CCA).

MENTAL HEALTH

KAY BUNAGAN, MA

Bunagan is a counseling psychologist at Better Steps Psychology, a firm that offers counseling and training services. She earned her Master of Arts in counseling psychology at the Ateneo De Manila University.

ERIC JULIAN MANALASTAS, MSC, CSSP

Eric Manalastas is a certified specialist in social psychology of the Psychological Association of the Philippines. He received his master's from the University of Amsterdam in the Netherlands.

STATISTICS

ENRIQUE TAYAG, MD, PHSAE, FPSMID

Dr. Tayag is the director of the Department of Health-National Epidemiology Center (DOH-NEC). His group keeps track of Philippine health statistics, including the mortality of the many diseases that afflict Filipinos around the country.

DERMATOLOGY

PAMELA JANE KWOK-GO, MD

Dr. Kwok-Go is a fellow of the Philippine Dermatological Society. She got her medical degree at the University of Santo Tomas and completed her residency in dermatology at the East Avenue Medical Center Department of Dermatology.

DENTISTRY

ARMIN G. SEGARRA, DMD

Dr. Segarra graduated from the UP College of Dentistry. He has received a postgraduate certificate in advanced education in general dentistry at the University of Minnesota. He is now teaching as an assistant professor in restorative dentistry and fixed partial prosthodontics at UP Manila.

EUGENIE AMANDA V. ROQUE, DMD

Dr. Roque graduated doctor of dental medicine at the Centro Escolar University. She finished her post-graduate residency and postgraduate training in pediatric dentistry at the Philippine Children's Medical Center.

EMERGENCY MEDICINE

DANIEL LUCHANGCO, MD, FPECM

Dr. Luchangco is head of the Emergency Department at Mandaluyong City Medical Center, and emergency consultant at Makati Medical Center and UERM. He's a member of the American College of Emergency Physicians.

SURGERY

EDGARDO P. PENSERGA, MD

Dr. Penserga finished medicine at the Cebu Institute of Medicine and his post-graduate internship at the Siliman University Medical Center. He is the chairman of the Hospital Committee on Operating Room/Delivery Room Post-Anesthesia Care Room at the Victor R. Potenciano Medical Center.

ASK THE EXPERTS

I'm a novice judoka and want to improve my grip strength. Any tips?

• JED, VIA E-MAIL

Barbell holds are a good start. With a double overhand grip, hold a weighted barbell for 10 to 20 seconds for 3 to 4 sets. Adjust the weight accordingly. Another option is plate pinches. Secure a plate between your fingers and hold for 20 seconds at a time. Add another plate to pinch if the weight is more than manageable. You can also go for dumbbell farmer walks. Let a pair of dumbbells hang on your side and walk for 10 to 12 steps, adjust the weight accordingly.

Francis Simon, celebrity trainer and coach at Zhurms Fitness Hub

I don't feel that effect of drinking lots of fluids to battle a cold and only visit the toilet more than I want to. Is there even a truth behind this?

• TROY, VIA E-MAIL

There is much truth behind this. By increasing your fluid intake, you are able to hydrate your body and flush the toxins and byproducts of illness metabolized by your organs. Staying hydrated also replenishes the water lost when you encounter fever episodes under the bug's spell.

Daniel Sonora Lipayon, M.D., FRC.P, cardiologist at the Cardinal Santos Medical Center, San Juan

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Ask MH™

LIFE'S QUESTIONS, ANSWERED
EDITED BY LAMAR ROQUE

1

Is there any benefit to drinking aloe water instead of plain water?

• MITCH VIA E-MAIL

Not unless you want to feel crappy. Granted, just like regular water, this drink will initially help hydrate you. Some research suggests that it may also help reduce cholesterol and blood sugar in people who have diabetes. The problem is that the “aloe” in aloe water comes from a ground-up extract of the plant that generally contains some levels of aloins, compounds that can cause diarrhea. In fact, a concentrated dose of the pulverized plant matter was a popular laxative—until 2002, when the US Food and Drug Administration (FDA) banned it because safety and efficacy info was lacking. Evidence that aloe water itself might be dangerous emerged last year when a study conducted by the US National Toxicology Program (NTP) revealed that whole-leaf aloe extract dissolved in water is believed to have caused intestinal cancer in rats that drank it. More research is needed to prove the same effect in humans, says Nigle Walker, Ph.D., deputy division director for science at the NTP. While many drinks may lack harmful levels of aloins, the trouble is that nothing will be listed on the label to tell you whether they contain these compounds or not. Drink at your own risk.

2

How does plyometrics enhance your explosive power?

• JUSTIN, VIA E-MAIL

Plyo works your muscles differently from lifting weights. Each exercise trains you to reduce the amortization period (time of contact on the floor) while using the stretch shortening cycle (SSC). “The SSC stores potential energy in the eccentric phase and adds the force to the concentric phase to produce higher power outputs,” says Jeriel Manalo of 360 Fitness Club. Translation: the transition from your lowering to upward movements becomes quicker with added power behind them.

Exercises you can do depend on where you want to generate power. For lower body, you can do box and hurdle jumps. For upper body, there's plyometric push-ups or medicine ball slams. Olympic weight lifting is also a good study on the tenets of plyometrics and can boost your explosive power significantly given that you know the proper form when it comes to execution.



FIBER UP
Eating whole grain
food can help you
stay lean

3

What is the best way to get cut without bulking up? I'm an endomorph and I find it difficult to get lean

• RONALD, VIA E-MAIL

Pay close attention to your meals. “As an endomorph, your metabolism is sluggish, which makes it easy for you to gain weight while hard for you to burn fat. You need to have a good diet plan,” says Francis Simon, celebrity trainer and coach at Zhrums Fitness Hub. Make sure you keep a strict schedule for protein intake. Also, consume fat from a variety of sources as well. “Equal amounts of each type of fat is essential—polyunsaturated, monounsaturated, and saturated,” says Simon. As for carbohydrates, limit your consumption to high-fiber and natural sources like whole-wheat grains, fruits, and vegetables.

For your workouts, look to incorporate cardio-sprint training that develops fast-twitch muscle fibers; and plyometric training, supersets, and circuits for more power. These all rev up your metabolism while building more muscle. The more muscular your body is, the more fat it burns.

4

Why does chocolate and peanut butter seem like such an irresistible combination?

• DAVE, VIA E-MAIL

We won't blame you if your sweet tooth's got you on a leash, but there's always something you can do about it. Whenever your cravings seem all too inviting, have this in mind: 90 percent of taste is the result of smell, and in the case of peanut butter and chocolate, the complex interplay of their odors works very well. “The flavor and composition of roasted nuts are close to those of cocoa beans, but complementary,” says Gregory Ziegler, Ph.D., a Penn State University professor of food science who studies chocolate. The soft nut oils add some punch too. “If they mix with cocoa butter, it causes everything to melt quicker in your mouth, releasing the flavor in a burst,” Ziegler says. At the same time, aromatic compounds like pyrazines are also lighting up your limbic system, a brain region that controls your memories and emotions, says Cynthia Lipka, a US flavor chemist. This boosts your feelings of satisfaction by tapping into deep-seated memories of moments when you indulge in the combo, such as when your older cousins always let you have first dibs on the chocolate dip. For an even bigger hit, try the combination at a warmer temperature, just before it starts to melt.

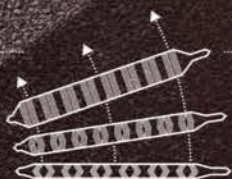
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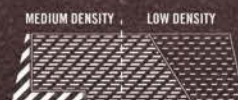


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HIGH DENSITY FOAM





LETTER OF THE MONTH

Loyal to the Cause

I've been an avid reader of MH since 2010. I love the fact that MH is jam-packed with useful information—proof that you guys do a damn hell of a good job! I love the layout that you do. The creativity that you put into every visual element in MH is just phenomenal. I know I'm sounding like a fanatic here. Actually, at work, I use MH as a peg for our publication. The artistry is inspiring.

One of the segments that I look forward to seeing (so please have it more often!) is Refine. I used a lot of the featured looks in past issues as an inspiration. Some, I copied piece by piece! I actually went to the shops where they're sold and bought them just to copy the styling. So, thanks a lot!

Lastly, I'd like to thank you for all the articles, features, and bite-size infos that have helped me, and a lot of other guys out there, to achieve our fitness goals. MH, through all these years (going half a decade), has ceased to just be a tool for me. It has become a partner in keeping me on track with my health and fitness goals, and more!

Thank you and more power to all of you!

• ROGER S. MACUSI, M.D., VIA E-MAIL



Frontman Feedback

This is a dream come true! Thank you @menshealthph for the opportunity. If you have a dream in your mind, I want you to know that it is very much possible. If you haven't done anything until now, take the first step and keep going. In the process, you will fail, you will be disappointed, you will face hardships, you will have to make sacrifices. But whatever happens, don't give up on your dreams. It's important to believe, to have faith, to have a vision, because that gives meaning to your life. Know that you are going to make it!

• SAM AJDANI, VIA INSTAGRAM

Best Wishes

The September 2014 issue was a blast and I'm looking forward to the next issues that I hope will be better. Good luck to the new "Head Coach."

• DEX, VIA TWITTER

Longtime Collector

Been reading your mag for quite a long time.

• CHRIS ABAYA VIA FACEBOOK



FROM THE MH WALL

We asked our readers this month: What drink do you turn to when you're in need of a boost?

CAFE LATTE FROM ZAGU

• JEREMIE SANTOS SAN JOSE

Green tea with a mix of black coffee

• KRISTOFER LAWRENCE

A can of coke!

• MIKE DEE

PLAIN BLACK COFFEE, NO SUGAR

• ROBERT TENOCO

Berroca

• ALEX PANTA

Gatorade

• JOSEPH HERNANDEZ



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Health checks you should do when the year changes



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CONGRATULATIONS TO TEAM 7-ELEVEN PHILIPPINES FOR THEIR VICTORY IN THE SEOUL RACE 2014!

Mary Joy Tabal

1ST PLACE for 21K Female Category

Mario Maglinao

1ST PLACE for 21K Male Category

Elmer Sabal

3RD PLACE for 21K Male Category



JOIN US AGAIN AT THE NEXT 7-ELEVEN RUN
HAPPENING ON MARCH 15, 2015.

7-Eleven Philippines gives its Filipino runners an opportunity to compete internationally. As part of their prizes, 7-Eleven sends the top Filipino 21K finishers of 7-Eleven Run Series to International marathons. This year, Mary Joy Tabal, Mario Maglinao and Elmer Sabal were sent to compete in the Seoul Race 2014 in Seoul, South Korea.

BROUGHT TO YOU BY:





ALERTS!

EDITED BY GABRIEL A. PANGALANGAN

S ON HEALTH, SEX, NUTRITION, FITNESS, & WEIGHT-LOSS

THINK BEYOND THE BOOST

THE RIGHT BOOSTER
rehydration drinks like
Gatorade when in need
of a pick-me up

If you're looking to get pumped up before your sports event, don't go for a can of energy drink. A 4-year study from Spain's Camilo Jose Cela University found that energy drinks have more negative effects on athletes. Though researchers found that performance can improve by 3 to 7 percent after downing one of these boosters, it also increases the frequency of insomnia, nervousness, and stimulation levels hours after their competition. The likely culprit: a high amount of caffeine, explains MH Nutrition advisor Luz Callanta, M.S., R.N.D. Stick with rehydration drinks that contain electrolytes instead. These will help keep your hydration levels in a good spot that's optimum for better performance.



Photograph by GETTY IMAGE



THE ASPIRIN ANTIDOTE

Score another one for the overachieving OTC: A Yale study finds that **taking aspirin may protect you from pancreatic cancer.**

People who took aspirin every day for 10 years or longer had a 60 percent reduced risk of developing the disease versus those who didn't pop daily. Even baby doses (as little as 75 milligrams) should work, says study author Harvey Risch, M.D., Ph.D. There are potential side effects, so check with your doctor before starting any aspirin regimen.

THE BEST WORKOUT FOR YOUR LIVER

Crank up the intensity of your workouts to keep your liver healthy. A study published in *Sports Medicine* found that moderate-pace exercise doesn't prevent fat accumulation in the liver. After following a diverse group of 478 adults and assessing their liver fat levels through CT scans for five years, researchers discovered that only those who did vigorous routines were less likely to have added liver fat. Opt for high intensity interval training (HIIT) or sprint intervals as opposed to steady state running to ensure you keep your inner furnace working, advises Wisdom Valleser, a professor at the College of Human Kinetics at the University of the Philippines Diliman.

THE FIVE TICKER COMMANDMENTS

- 1 Eat a healthy diet
- 2 Drink moderate amounts of alcohol
- 3 Don't smoke
- 4 Exercise at least one hour a week
- 5 Maintain a waist circumference of less than 95 centimeters

The *Journal of the American College of Cardiology* recently published findings of a study on the different ways to keep heart disease at bay. It may not sound like rocket science, but form these into habits and you'll easily lessen heart attack risk by 86 percent. "A healthy and active lifestyle can really lower your chances of cardiac trouble," says Robert Raymundo, M.D., of the Philippine Heart Center.



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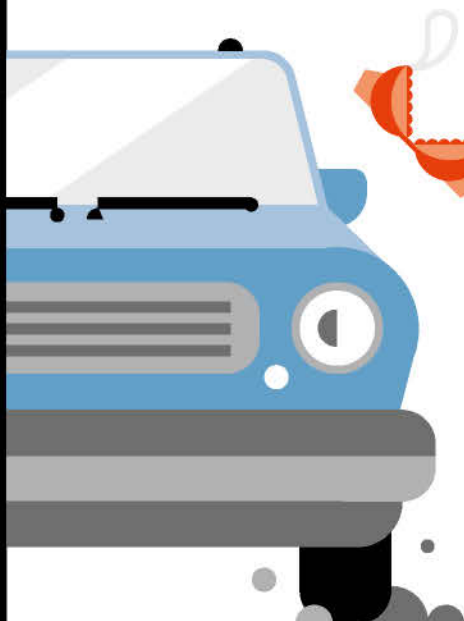
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Men Women

A HUMPH ON THE ROAD

Get a room, people. In a recent study in the journal *Accident Analysis and Prevention*, **a third of college-age men said they'd engaged in sexual activities while driving.** With acts ranging from masturbation (11 percent of men, 15 percent of women) to intercourse (somehow), these very distracted drivers are a hazard on wheels: "Car sex is simply overrated. If you're a full-grown adult, you have no right committing the most juvenile of acts. The cons far outweigh the pros, if there are any to begin with," says Vernon Sarne, Editor-in-Chief of *Top Gear Philippines*.

How long does a typical erotic auto encounter last?

11-15 MIN

How fast is the car usually going?

98-130 KPH

What dangers have been reported?

Let go of the steering wheel

11%

Drove above the speed limit

38%

Drifted into another lane

36%

Nearly had an accident

2%

Who's having "rolling sex"?



Men
As the driver: 33%
As the passenger: 9%



Women
As the driver: 9%
As the passenger: 29%

Why take the chance of having sex behind the wheel?

For the sake of personal arousal

65%

To satisfy a sexual partner

58%

For "love and romance"

41%

For the thrill of a romp in a sort-of-public place

31%

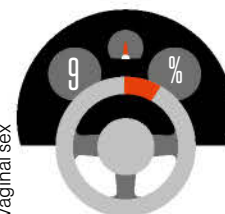
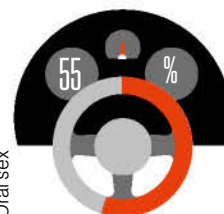
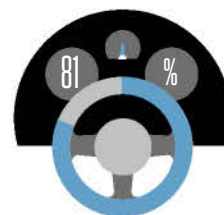
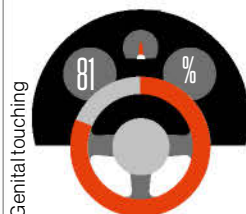
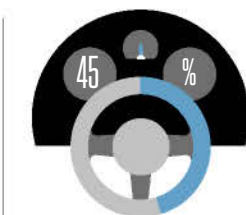
For privacy and convenience

12%

Of those who've done the deed while driving, how many times, on average, have they done it?



What exactly is going on in that drifting car up ahead?*



*As passenger or driver, giving or receiving
Illustrations by COLIN J. MILLER

47

Percentage who reached orgasm during their last sexual encounter in a moving vehicle
Source: *Accident Analysis and Prevention*



For up-to-the-minute sex tips, follow us on twitter @menshealthph

BE **Robust** READY!

Picture this – you're out on a date, the food's great, your partner is beautiful, and your chemistry is crazy. Neither of you want it to end and she's already sending you signals to go for what you've been waiting for. But then, something goes wrong, and you can't seem to get your buddy up and ready to go. Whether it's because you're feeling pressured to please your partner, or you're getting distracted by something, it's a pretty stressful situation that can usually turn a good date into a disaster.

Avoid that embarrassing feeling with an easy, reliable fix. Robust Dietary Supplement is a men's dietary supplement that aims to aid men in sexual performance. With a 550 mg blend of Epimedium Extract (Horny Goat Weed), L-Arginine, Songaria cynomorium, and Gamma Amino Butyric Acid (GABA), ingredients which have been known to help increase libido or aid in relaxation and concentration, Robust has the potential to help you avoid that painfully embarrassing crash and burn. Sold at 49.00 php a tablet, you're likely to get a good bang for your buck.

For a man that's ready for action, there's Robust Dietary Supplement. For all astig guys out there, be Robust ready!



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Rekindle the Flame

There comes a time in many relationships when the bedroom activities slow down. It's either you're too busy with work or you're getting bored with your routine. Anyone can set time for their loved ones, but resetting a now boring routine? That's a bit of a challenge. Don't fret though, because something as simple as going out on a date again can rekindle the flames. And for those looking to get an extreme kick out of their date nights, Robust Extreme Dietary Supplement could be your new best friend.

With a 400 mg proprietary blend of Spiral Algae, Corn Extract, Medlar Extract, Ginseng Extract, Epimedium Extract, Cistanche Salsa Extract, and Hawthorn Berry Extract, you get the chance to give you and your partner an extremely good experience. Ginseng Extract and Cistanche Salsa Extract have been used for centuries as natural supplements for libido and potency, as well as Epimedium Extract, or Horny Goat Weed, which was used mainly for its aphrodisiac properties. As an herbal medicine, it has been given to help those with erectile dysfunction and premature ejaculation. On the other hand, Spiral Algae and Hawthorn Berry Extract have been known to be beneficial to the heart and circulatory system, giving Robust Extreme the potential to not just boost your sex life, but also to keep you fit and ready to last longer and stronger.

At 125.00 php a capsule, it's not quite a steal as Robust Dietary Supplement, but it's packed with an extra punch – it's known to have effects that could last up to 5 days.

Rekindle the flame with an extremely fun date night. Be Robust ready with Robust Extreme Dietary Supplement. Super Astig 'To!





The Fiber Advantage

If you've yet to eat whole-grain cereal regularly, it's time to start today. A recent study published in the *American Journal of Epidemiology* found that high overall fiber intake reduces the risk of premature death. Researchers found that cereal fiber had the largest effect, while vegetables also contributed in lessening the chance of you kicking the bucket early. A good dose of fiber is a good because it boosts your metabolism and is generally good for heart health, says Chryso Morales, head chef at the University of the Philippines Hotel in Diliman. But if you're going to eat cereal, avoid heavily flavored types as these are usually full of sugar that you don't need, adds Morales.

MAKE THE RIGHT OIL CHANGE

Much like your car, an oil change can keep your system running longer. A recent study from the University of Illinois compared the effects of palmitate fat (found in dairy, animal fats, and palm oil) and oleate fat (the primary fat in olive oil, and other vegetable oils). Researchers found that **palmitate fat could make the heart perform poorly while oleate fat could immediately improve how the ticker contracts and pumps blood.** So the next time you're in the grocery aisle for cooking oil, stick with plant-or avocado-based oils, recommends MH nutrition advisor Luz Callanta, M.S., R.N.D. These are rich in polyunsaturated fatty acids that are generally better for you.

CHOOSE WELL
Stick with plant-based oils like olive oil.

OILY GOODNESS



DYNAMIC DUO CARROT + AVOCADO

Scarf down this combination, and you may take in nearly 13 times as much vision-friendly vitamin A as you would from only gobbling carrots, the *Journal of Nutrition* reports. Scientists think the avocado's fats aid your body's ability to convert the carotenoids in carrots into vitamin A.

Eat Up!

Blend avocado into a vinaigrette to drizzle on roasted carrots. Or use guacamole instead of ranch as a carrot dipper.



A TOAST TO YOUR TEETH

Smile when you raise a glass: **Red wine can destroy the oral bacteria that may lead to cavities.** When scientists in Spain dipped oral bacteria in red wine for two minutes, the number of microorganisms fell by as much as 78 percent. Polyphenols in grape seeds may be the murder weapons, the researchers say. One caveat: After you sip, you have to swish, says Matthew Messina, D.D.S., a consumer advisor for the American Dental Association. "Red wine can stain teeth," he warns, "and that can make plaque stick." So stave off staining by chasing your wine with a rinse or glass of water, he says.



ALERTS! NUTRITION



For up-to-the-minute nutrition tips, follow us on Twitter @menshealthph

Photographs by GETTY IMAGE



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UNLOCK A BIG CHEST

Skip the gym and do your chest day at home: **Resistance band push-ups are just as effective as the bench press**, a study in the *Journal of Strength and Conditioning Research* found. Guys who completed a 5-week band push-up program gained just as much strength as those who did a Smith machine bench program of equal intensity. Try it: Use a band that lets you do 6 reps max.

**BEEF UP
YOUR LEGS**
Mobilize and
strengthen your
legs to stave
off injury.

**STOP
SMOOTHLY!**

IMPROVE YOUR BRAKES

Before you start running more kilometers, pay attention to the way you stop. A review of 15 studies published in *Sports Medicine* revealed that **high braking force was the only factor that clearly predisposed runners to Achilles tendon injuries.** You can ensure your legs are ready to take on the impact of running. Foam rolling, along with functional exercises like squats, lunges, and hip thrusts can prep your leg muscles and tendons for what your route will bring, says Victor Harris Carillo, head coach at Fitness Lab in Quezon City.



ALERTS! FITNESS



Major HIIT

Here's another reason to keep high intensity interval training (HIIT) in your weekly workout schedule. HIIT was associated with greater improvements in heart rate variability compared to moderate aerobic training, says a study published in *Medicine & Science in Sports & Exercise*. "HIIT increases maximal aerobic power, anaerobic capacity as well as your VO2 Max or maximal oxygen consumption that results in improved performance," says Carillo. It also helps increase insulin sensitivity and human growth hormone production that promotes rapid fat burning and muscle growth, he adds.



LIFT FOR BETTER MEMORY

Wondering why muscled men at the gym seem to have their workouts memorized? Turns out it has a lot to do with all the heavy lifting. A new Georgia Institute of Technology study found that an **intense workout of at least 20 minutes enhances long-term memory by 10 percent.** Alongside aerobic exercises, researchers conclude that weight training will help you remember things. The next time you have a big exam or presentation, pump out reps at the gym to keep your mind sharp.



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Of course, the D Rose wouldn't be complete without a few signature details from the man himself. The

ankle support features unique personal inscriptions that give you a glimpse of Derrick's journey to the top, while the bigger, bolder D Rose logo represents his family and style of play. Like Derrick Rose, you too can find your own success on the court. Put on the adidas D Rose 5 Boost and prepare to defy the odds.





ALERTS! WEIGHT-LOSS



For up-to-the-minute weight-loss tips, follow us on twitter @menshealthph



EAT WELL TO LOSE MORE

SOUND REDUCTION

Fad diets may well work regardless of their menu. A new study funded by the US National Institutes of Health discovered that **meal plans like South Beach and Atkins are all equally effective.** After four weeks of giving participants the same calorie count meals from different diets, each participant lost roughly the same amount of weight. "Fad diets work because they all simply do one thing—reduce the calories you consume," explains Wisdom Valleser, a Sports Science professor at the University of the Philippines' College of Human Kinetics. Being loyal to one diet can also be problematic in the long run if it demands drastic reduction, and worse, some of them aren't nutritionally sound. Your takeaway: Aim for balance with each meal.



PICK YOUR SUPPORTERS

Want to shed your gut for the long haul? Tell your friends and family to rally behind your goal. A study published in *Obesity* found that social support is crucial in achieving weight-loss. When it comes to sticking with healthy eating habits, researchers discovered **supportive friends and co-workers are the best motivators while family are great boosters when trying to maintain an exercise program.**

"It's very important to have people supporting you and believing in you when you feel like taking shortcuts," says Aaron Alfred Dela Cruz, M.S. head coach at Crossfit Alpha Strike in Quezon City.

LOSING STRATEGIES



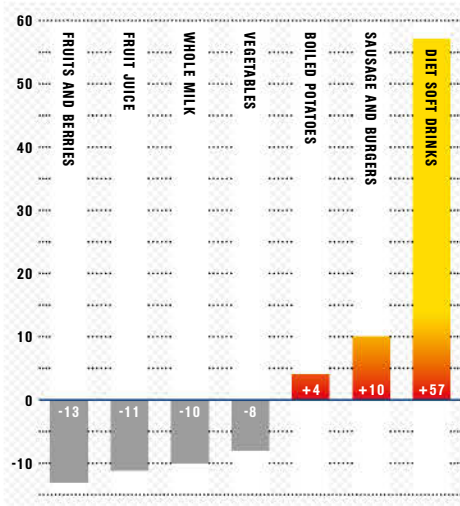
No Great Shakes

Pass on the salt: In a University of South Carolina study, men who ate less sodium were 22 percent less likely to be overweight or obese. High sodium intake can alter fat cells' sensitivity to insulin.

SUCKER PAUNCH

Don't let a big gut sneak up on you. A new study in *Applied Physiology, Nutrition, and Metabolism* tallied the weekly food and drink servings of over 50,000 people to find out how eating habits can lead to a spare tire around the waist. The result, shown at right, compares the diets of guys with belly fat with those of their slimmer brethren.

■ % LESS THEY CONSUME
■ % MORE THEY CONSUME





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KO NA MISMO
KUNG GAANO
SIYA KAHIRAP”

No



MH
COVER GUY

BY GELO GONZALES /// PHOTOGRAPHS BY JAY TABLANTE

Easy Shots

FROM SLEEPING IN THE STREET MARKETS OF PANGASINAN TO BECOMING ONE OF PHILIPPINE BASKETBALL'S MOST ACCLAIMED PLAYERS, MARC PINGRIS HAS FOUGHT HIS WAY TO THE TOP—WITHOUT FORGETTING THE LESSONS HE HAS LEARNED ALONG THE WAY

STYLING BY KC LEYCO-MEMPIN
ASSISTED BY KRING LEYCO

GROOMING BY VIDA NON-JAUCIAN

SHOT ON LOCATION AT GOLD'S GYM ATHLETICS,
MANDALUYONG CITY

SPECIAL THANKS TO MR. ED PONCEJA AND MS. VANIA EDRALIN

P. 29

MH 12.14

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VIA WWW.ZALORA.COM.PH, UNDER ARMOUR AT SM MEGAMALL, AND TOBY'S ARENA AT GLORIETA 2

Marc Pingris has had a heck of a year.

IF YOU CONSIDER THE EMOTIONAL AND

physical toll he has carried since the 2013 FIBA Asia Championship up to now—along the way winning four straight PBA championships and battling against NBA-caliber big men in the FIBA World Cup and the Asian Games—you’d forgive him for wanting to take a break. The man has been pushing every last inch of his body to help his team win. His sacrifices didn’t go unacknowledged—Purefoods Star Hotshots gave him a well-deserved three-week layoff when Gilas Pilipinas returned from its two major international campaigns.

But now, the team-imposed vacation is over. Pingris’s team, fresh from capturing the elusive PBA Grand Slam last season, has a huge target on their backs, and other franchises have been hitting them hard. They barely won in the pre-season, stumbling into a 1-3 start in the PBA Philippine Cup and losing by an average margin of 10.3 points in their first three defeats.

Here’s where we find Pingris, bruised body and all, back at work, all smiles even after a grueling team practice session at the Ronac basketball court in Greenhills. While many of us would complain over having our vacation abruptly ended, he’s in high spirits. The 33-year-old has always been very candid, volleying back all our questions with honest answers. In our quest to investigate the secrets behind his success, we find a common theme: losing. His early encounters with rough times have made him determined to rise from such depths.

THE RULES OF THE REBOUND

Marc Pingris lays down his best practices for ball hustle. And no, he’s not afraid to play a little tricky, too

1. Timing

“Kailangan alam mo kung saan tumira yung kakampi mo, at kabisado mo yung talbog ng bola. Pag malayo sa ring, malayo rin ang balik niyan.”

2. Condition of Legs

“Work on your legs religiously with squats and plyometrics. Kailangan matibay yung base mo para matalon mo yung rebounds.”

3. Position

“Kapag na-box-out ka, kailangan ikutan mo agad. Huwag kang papayag na pag na-box-out ka na, yun na yun. Ang players na magalaw, mahirap i-box-out.”

4. Gulang

“Minsan apakan mo yung sapatos niya o hawakan mo yung shorts niya habang yung isang kamay ang kukuha ng bola.”

“

**HUWAGKANG
PAPAYAG NA PAG
NA-BOX-OUT KA
NA, YUN NA YUN”**

HARD-KNOCK LIFE

Pingris always remembers his past and takes pride in educating his children about his austere beginnings. *“Ayaw ko rin kasi balikan yun dahil naranasan ko mismo kung gaano siya kahirap,”* he points out. *“Bukod dun, ayaw ko rin na lumaki ang ulo nila or ma-spoil ko sila. Pag umuuwi kami sa Pangasinan, umiikot kami sa palengke. ‘You know what? Diyan ako nag-work dati,’ sinasabi ko sa lalaki ko—pinapakita ko talaga sa kanya. Tapos pag may nakikita kaming bata, ‘Ganyan ako dati...’”*

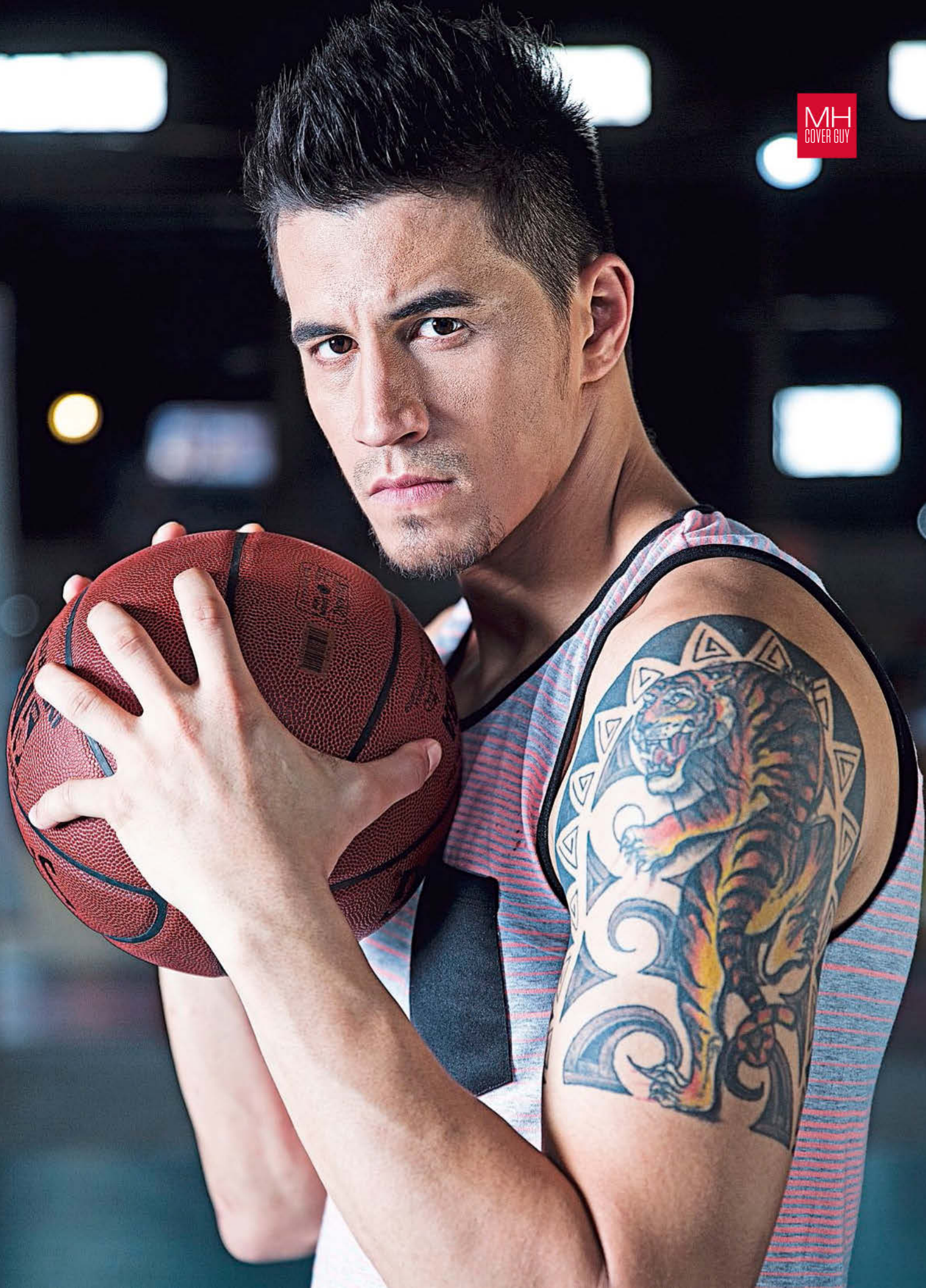
He tells them of nights when he slept in the town market as a kid, with just a sack to keep him warm. He, his mom, and his siblings lived in extreme poverty, especially after his father, Jean Marc Sr., left them when Pingris was just three years old. In the mornings, he’d lift the heavy fruits their mom would sell. It was the start of his game-winning conditioning. More than the muscles, though, he gained an uncommon amount of perseverance, a quality that would shore up his personality in the years to come.

Growing up without a father has long been a convenient alibi that some young men give for leading wasted lives. Pingris admits he could’ve gone that route. When he was younger, he’d get into fights because the kids teased him about his looks, his height, and that he was “adopted.”

His big brother, three years his senior, became the anchor, the father figure, in his early troubled life. *“Dati sinasabi niya, ‘Pag nag-yosi ka, papakain ko sa ‘yo yan! Pag uminom ka at nahuli kitang lasing, ipupukpok ko sa ulo mo yan!’”* recalls Pingris. *“Yung disiplina niya, natakot talaga ako.”* Through the years, his kuya has kept him on the straight and narrow, and even now, he still asks his brother for life advice.

FAMILY GUY

The thing Pingris holds most dearly is being there for his kids, for a very obvious reason: *“Mahirap kasing lumaking walang ama, sa totoo lang. Sobrang mahirap,”* he stresses. *“Pag may programs kami dati [sa school], hahanapin, ‘Saan yung dad mo?’ Kaya gusto ko talaga, tutok sa kanila.”*



THE PINOY SAKURAGI WORKOUT

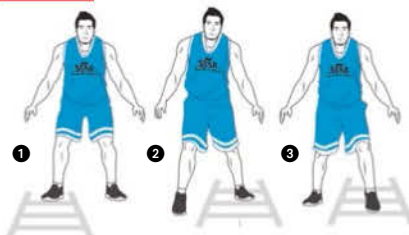
Marc Pingris, an immovable object on the low block against seemingly unstoppable behemoths, has earned the Defensive Player of the Year honors for the past two PBA seasons. Edsel James Vengco, C.S.C.S., A.C.P.T., Gold's Gym sports director and manager of Gold's Gym Athletics in Mandaluyong City, credits this to the qualities that make Pingris "The Pinoy Sakuragi," calling him "an all-around player who moves quickly and explosively. Plus, the power and the strength are there." Vengco has designed this workout with the same goals in mind. "Do this twice a week in addition to your usual gym workout and weekly basketball games," he advises. "In 4 to 6 weeks, you can expect dramatic improvements in your speed and strength on the court."



INSTRUCTIONS

Move through each exercise in the circuit, keeping your rest periods at 60 to 90 seconds in between sets unless otherwise indicated.

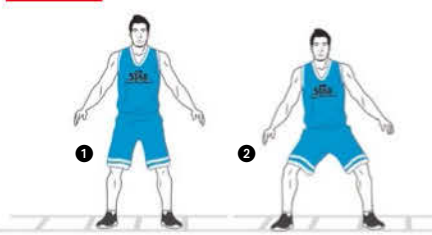
WORKOUT 1



Speed Shuffle (5 to 8 rounds)

Start on the side of the ladder with your right foot inside the box. Shuffle to your right by stepping your left foot inside the box, then moving your right foot out. Next, step your left foot forward and inside the next box, then shuffle to the left side of the ladder. Repeat as quickly as possible until you finish going up the ladder.

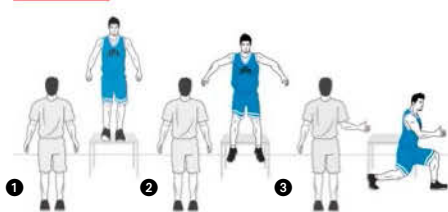
WORKOUT 2



Lateral Shuffles (5 to 8 rounds)

Stand in an athletic stance facing the left side of the ladder with your right foot inside the box. Shuffle to your right by moving your left foot inside the box, then moving your right foot to the next box. Do this as quickly as possible without breaking form for 5 to 8 reps per side.

WORKOUT 3



Depth Jump with Reaction Move (2 sets, 5 reps per set)

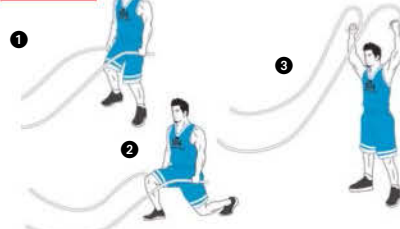
Stand on a platform 12 to 24 inches high. Drop on the floor on one leg, flexing your hips and knees to absorb the impact. Quickly move to the direction indicated by your trainer. For this exercise, rest for 2 minutes in between sets.

WORKOUT 4

Power Cleans (3 sets, 3 reps per set)

Stand straight holding a barbell in front of your thighs. Flex your hips and bring the bar just above your knees, then thrust the bar upward and roll your wrists so you rest the bar on your front shoulders and clavicle. Follow through by keeping your elbows up and maintaining a squat position.

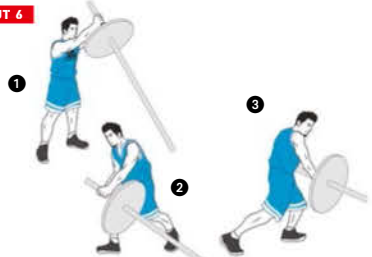
WORKOUT 5



Rope Slams (2 sets, 30 seconds per set)

With a closed grip on the ropes, quickly lift both your arms as high as you can. Once you've reached peak height, bring down the ropes as strong as possible. For this exercise, rest for 90 to 120 seconds in between sets.

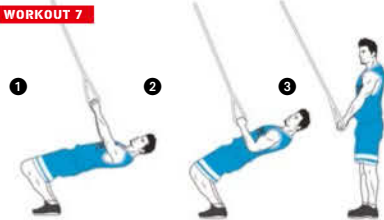
WORKOUT 6



Landmines (2 sets, 60 seconds per set)

Hold one end of the bar at a 45-degree angle to the floor with your elbows straight, while the other end of the bar is fixed on an anchor point. Bring the bar down to your right side at hip level. Repeat on the other side. Keep your core engaged throughout the move.

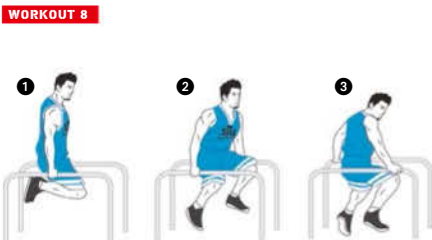
WORKOUT 7



Rip:60 Muscle-ups (3 sets, 5 reps per set)

Start on a reverse-tabletop position, fully engaging your flutes. Lift your body by performing an inverted row. Explosively do a tricep extension by shifting to an overhand grip as you drive your weight down and lift your body to a standing position.

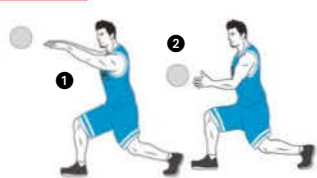
WORKOUT 8



Walking Dips (2 passes)

Start from a standard dip position with your knees slightly bent. Move your left arm in front and use your hips and legs as a counterbalance, then move your right arm forward. Engage your core throughout the move until you complete one pass on the parallel bars.

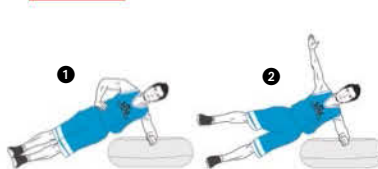
WORKOUT 9



Medicine Ball Chest Passes (2 sets, 60 seconds per set)

Stand about three feet in front of a concrete wall with your right foot forward and your knees slightly bent as you hold a medicine ball at chest level. Use your legs, core, and arms to throw the ball to the wall. Pick up the ball after it bounces once and repeat the entire move.

WORKOUT 10



Side Plank on Vibration Trainer (30 seconds per side)

Start by doing a side plank, keeping your hips in line with your shoulders and head. Rest your opposite arm on your waist. Kick your outer leg and extend your free arm up. Keep all your joints extended as you hold the plank.

Every day he wakes up at 7 AM to get his five-year-old son, Jean Michael, out of bed. He eats breakfast with wife Danica and their two children, then drives his son to school. He's also there to cap-off their day. Sometimes, the four of them—Pingris, Danica, Jean Michael, and three-year-old Anielle Micaela—would all be in bed enjoying bedtime stories. "Daddy, story time na! isinisigaw nila," he shares. "Minsan ikukwento ko ang buhay ko—ginagawan ko ng character, pero based sa buhay ko pa rin ang lahat. Minsan fantasy—clouds and candy land, mga ganun."

It's probably easy for him to do: His hardcourt triumphs have metamorphosed into larger-than-life tales that sometimes overtake the sobering narrative. True, Gilas Pilipinas finished 1-4 in the recent

FIBA World Cup in Spain—still a historic effort considering the many what-could-have-beens. While the team's poor performance in the Asian Games in South Korea has somewhat soured the dream, there's no harm in categorizing the National Team's accomplishment as an overachievement.

The larger basketball world took notice, with opposing coaches and FIBA commentators praising the team's spirit. It's a pesky, impudent reputation symbolized by Pingris's magical ability to suck that ball into his palms as long as he's within striking distance of it. He has become an embodiment of Philippine basketball's essence—the constantly belittled warrior who overcompensates with an oversized heart.



“YUNANG BINIGAY SA AKIN, YUNG TALENT SA DEPENSA AT REBOUND. YUNANG MINA-MASTER KO. FOCUS ON YOUR STRENGTHS”

Right now, this oversized heart is firmly head over heels in love with his wife. What is their dynamic like? “*Kahit na mag-asawa kami, nandun pa rin yung date night,*” he comments, smiling. They make time for themselves, even going so far as to stay overnight at a hotel just to talk about their plans for the next year. When misunderstandings, communication is essential and the two resolve not to sleep until they’ve talked things through. “*Alam mo ang mga babae, kailangan talaga sa kanila, usap, usap, usap,*” Pingris emphasizes. “*Yung pag-uusapan namin, kakamustahin namin yung isa’t isa.* And then [*tatanungin namin ang isa’t isa*], ‘*Ano yung mga plano natin this month?*’ *So, pinaplano na namin kung ano yung dapat gawin.*”

Danica knows when to let him be especially after tough losses, and how to keep him grounded even after his meaningful feats. But she was also the one who set up a momentous event for him shortly after their marriage in 2007: his first meeting with his dad in France. A joker deep inside, Pingris says his first reaction was, “*Sasapakin ko dapat e!*”

Thankfully, no punches were thrown. “*Nung nagkita kami, nagyakapan naman kami, tapos tinatawag niya akong, ‘My son!’*” Pingris recounts. “*Ako, parang tahimik lang kasi may mga bagay at tanong pa talaga akong gustong sabihin sa kanya na hindi pa nasasagot. Talagang nag-usap kami nung nagpunta kami ng Switzerland. Kaming dalawa lang. Lalaki sa lalaki, ama sa anak.*”

BREAKS OF THE GAME

The ingredients of Pingris’ success come from those closest to him. His mother showed him perseverance. His brother established discipline. His father (or, his father’s absence) encouraged him to become a better man. His wife is his steadying force. And his kids keep him pushing for more.

The most recent off-court news about Pingris—his second attempt at finishing a bachelor’s degree in Business Management at the Philippine School of Business Administration—shouldn’t come as a shock. It isn’t just he who compels himself to be better—it’s also his kids, and the constant fear that if he

lifts his foot off the accelerator, the blessings they are now experiencing will disappear.

And if there’s one thing he’s doing for himself, it’s winning more All-Defensive Team selections. “*Yung MVP, hayaan mo na sa kanila yun,*” he says. “*Ang gusto ko yung makasama pa sa mas maraming All-Defense Selections sa PBA. Sampu talaga or 15 bago mag-retire. Kasi nakakawalo na ako. Yun ang binigay sa akin ni God, yung talent ko sa depensa at rebound. So, yun ang mina-master ko. Focus on your strengths.*”

His return to the basketball court is a signal of hope for the fans of Purefoods Star Hotshots. As of press time, they find themselves in the middle of the standings with a 3-3 record, working for a twice-to-beat advantage in the quarterfinals. But you’ll hardly see Pingris’s invaluable contributions if you simply look at the box scores. That’s the “Pinoy Sakuragi” for you—the man who has immortalized himself as this generation’s prime example of our inexplicable and oftentimes unrequited love for the sport. You can’t blame us for admiring him. He has shown exactly what needs to be done to keep on winning. ■



RUN LIKE A CHAMP

Smoother, lighter, and more responsive—these are the characteristics of the new Nike Air Zoom Structure 18, an updated version of the vaunted Nike shoe, now revolutionized from top to bottom. Immediately noticeable when running in these kicks is the uncompromising stability they offer, the result of an Asymmetrical Dynamic Flywire upper and a triple-density Dynamic Support system in the midsole. Responsiveness comes from Nike's patented Zoom Air cushioning, which delivers snappy, yet smooth, quick-off-the-ground results with each foot strike. Not convinced? Take it from 10,000m silver medalist Galen Rupp, who runs over 190 kilometers a week, and who has only used Nike Structures since he started running: "[The Air Zoom Structure 18] hugs my foot in the right places, providing the support I need to go the distance. It's like Nike found a way to magically shave a few ounces off, and because of that, I feel like I can run faster in them."

MH

RADAR

Events & Promotions

Check out facebook.com/menshealthphilippines for our promotion updates.



START YOUR OWN "STRONG STORY"

More than just how much you can lift, how high you can jump, or how far you can run, genuine strength is unique in every individual. Gold's Gym, the world's largest gym chain, wants you to discover your own brand of strength through its "Strong Stories" campaign—a celebration of true strength through the stories and testimonials of its members. Whether a dedicated career professional, a creative member of the arts, or just a family man wanting to sweat things out, Gold's Gym's Strong Stories aims to highlight that, despite all our differences, everyone possesses exceptional strength. Visit your nearest Gold's Gym outlet and share your strong story today.

BE INSPIRED AND COOK HEALTHY

If you are the type of man who knows how to whip up a great meal, then kudos to you, sir – you have skills. But do you cook healthy? Take stress-free food preparation and a guilt-free eating experience to the next level with the latest innovation from Tupperware, TupperChef Inspire. Each item in the collection – which includes a casserole, stockpot, fry pan, and wok – features a smart lid with a dual-vapor vent valve, which lets you cook with less oil and less water (Remember: 1 tablespoon of any oil contains about 100 calories, so it's always wise to cut down on it). Browning meats in their natural fat is effortless, and more flavors and nutrients are preserved when cooking, resulting in healthy, tasty dishes.



HAVE A WATERPROOF EDGE

You don't have to succumb to inclement weather this season with K-Way's jackets and windbreakers. Lightweight, breathable, and durable, they feature heat-sealed surfaces and seams, meaning water doesn't get through, keeping you bone-dry. Really – rain doesn't stand a chance. The best thing about K-Way jackets is their portability. Each K-Way jacket comes with a standard, small hip bag for storage, so you can keep it with you at all times. Get heavy-duty weatherproofing from these weightless, easy-to-pack pieces.



YOUR FUEL FRIENDLY CHOICE

Exciting news for all you Ford fans: both the all-new Escape and Explorer Sport SUVs are now available in the country, and they're looking good. More than the styling, however, these vehicles embody power, ruggedness, and comfort—all in a fuel-friendly package. Ford's revolutionary EcoBoost technology, featured in both vehicles, allows for the generation of high power and torque figures from engines with smaller displacements, which means you save more fuel without sacrificing a spirited driving experience. Explore the metropolis in style, or partake in exciting journeys where there are no roads. Both are possible with these new, mean machines from Ford.



Men'sHealth / LIFE'S WINNING STRATEGY

FOCUS

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Woman

IN SEARCH OF A GENTLEMAN

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route is the best way
to a lady's heart

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Declutter Your Desktop

Small tweaks, big productivity

42 Grooming

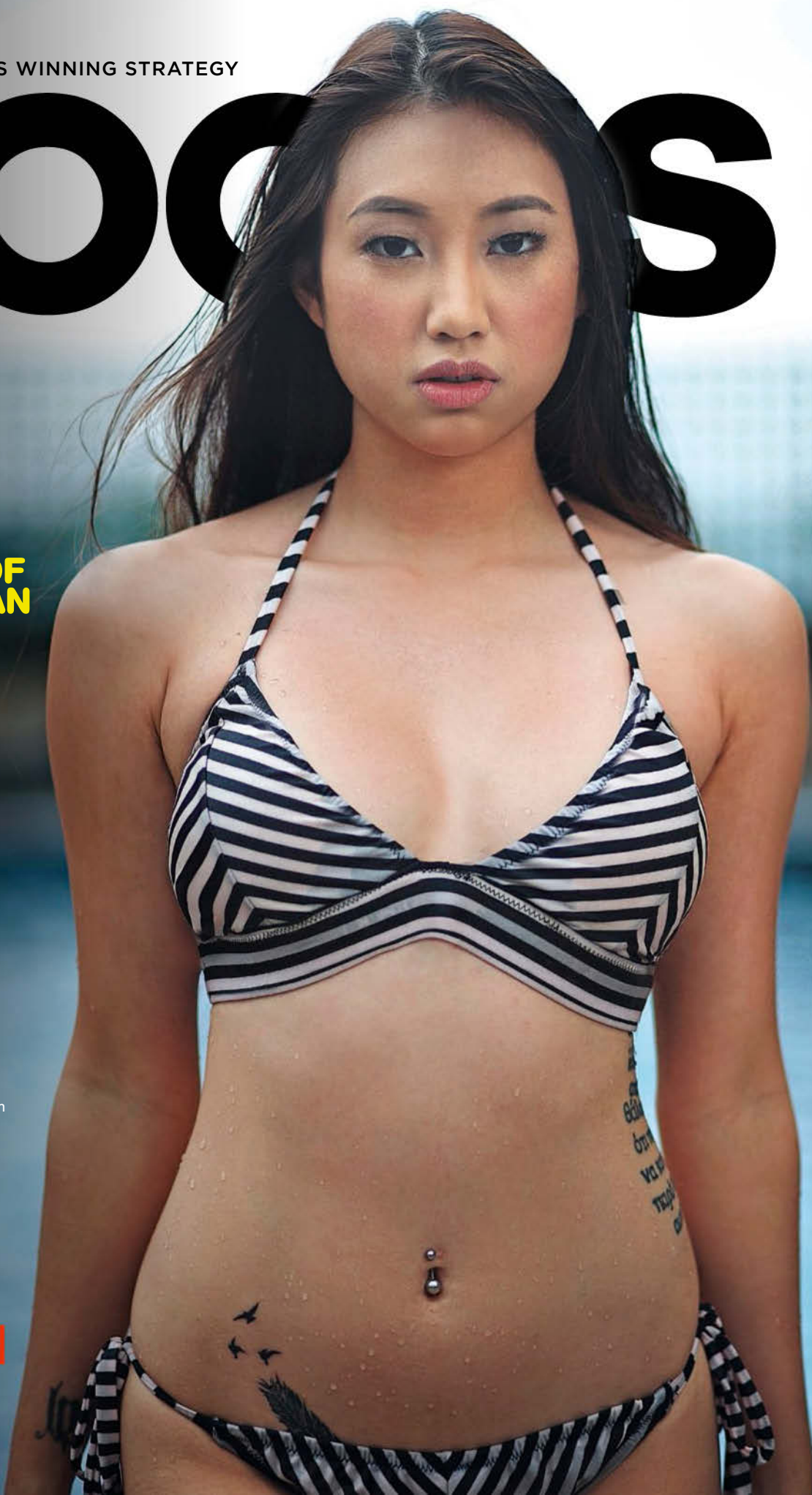
Relax and Unwind

Spa retreats are your best bet for
instant rejuvenation

40 Wheels

Flashy Style

The all-new Honda City gets a much
needed exterior upgrade





**I'VE ALWAYS LOVED
FUNNY GUYS. IF YOU
CAN BE WITTY, THAT
GETS MY ATTENTION"**

In Search Of A Gentleman

**Fitness First Brand Ambassador Kat Gamo
thinks true knights are endangered species**

**INTERVIEW BY LIO MANGUBAT
PHOTOGRAPHS BY JAKE VERSOZA**



NO SWEAT
She's the flirty
face of fitness

F woman



DITCH THE ONLINE SET-UP

Opt for face-to-face conversations than relying on Facebook. A new study from Michigan State University found that online relationships are less likely to progress to marriage and more likely to lead to breakups compared to offline ones.



TONE DOWN ON SWAG

"I'm more into quiet types who are humble. *Mayabang* guys are my number one pet peeve. You know: guys who walk in the club and like, feel *nila* they're so *gwapo* and they're so macho, and they can get any girl they want. I hate those guys. Their stance *pa lang*, their walk, how they talk to the waiter—okay, so regular *ka rito*...so what?"

MH TIP:

Watch your body language. Researchers from Columbia and Harvard Universities have zeroed in on the vocabulary of the power pose. "Expansive, open postures (widespread limbs and enlargement of occupied space by spreading out) project high power," write the study authors, "whereas contractive,

closed postures (limbs touching the torso and minimization of occupied space by collapsing the body inward) project low power." Aim for a middle ground between the two extremes.

CATCH HER CURIOSITY

"On a date, usually the guy asks a lot of questions about the girl. But me, I'm the opposite. I ask a lot of stuff about the guy. I want to get to know [him]. I want to know more about him. I only ask about the things na I think comfortable siya talking about, like sports, school, family, cars."

MH TIP:

"On a first date, a woman has little information to go on, so she overweighs the few things she knows about you," declares Helen Fisher, Ph.D., an anthropologist at Rutgers University. Keep her focused on liking you by zeroing in on your compatible interests, and show an interest in stuff that she likes, too. Lay off the self-praise, as well: Rattle off your achievements, and she'll think you just showed up for a job interview, and not a date.



CLEAN UP, SLOB

"It's all about the shoes, for me. I love sneakerheads. As long as your shoes are clean and *di naman mukhang* 10 years *na*, you're good. I also don't like guys with long hair. I don't find them appealing. For me, I like car guys *kasi* they look like they're super responsible. They're super *maingat* with their cars, and if he takes good care of his car, he can probably take care of me."

MH TIP:

What are the things women look at when they check out a man? A 2013 British survey may hold the answers. Girls first notice, in order, a man's eyes, then smile, then height, then hair, and finally, style. So if you want to nail a good first impression on a prospective date, work on these five first.



PIPE DOWN DURING GYM TIME

"Before, I was skinny-fat. I used to starve myself. Now, I really work out a lot. When I'm in the gym, I take videos while doing my workouts, and then post them on Instagram. But then there are guys who... Look, I know that's heavy, but you don't have to, like, groan. Because now I know what you sound like in bed. And that's not a good thing, I'm so sorry. It's funny. I'm sure you can do it quietly *naman*. You don't have to groan and moan."



MH TIP:

Try to keep it down for her sake—but sometimes, a good old-fashioned gym grunt just can't be helped. In fact, it can sometimes even be downright beneficial. Dennis G. O'Connell, a professor of physical therapy at Hardin-Simmons University in Texas, found that weightlifters can crank out 2 to 5 percent more force when they grunt. He thinks that it may be because the deep breathing associated with it helps stabilize your spine.

BE OLD-FASHIONED

"I think old-fashioned *ligaw* is sweet and cute. If you find someone who does that, he's a keeper, for sure. To be honest, it's very rare now. Now, it's like, he adds you on Facebook, and then messages you *na lang*, and then next thing you know, you guys are dating. It's not even sure if you're really dating or not...but once you post a photo on Instagram, it's official."

MH TIP:

Be old school in your approach...but use new-school tools to seal the deal. In a three-year study of their users' patterns, Facebook found that about 100 days before setting their status from 'Single' to 'In a Relationship With...', a couple would often share posts in their respective Timelines, at an average of 1.67 posts a day. So if she's posting stuff or tagging herself on your feed, take this as a good sign. Share a funny link on her wall...then give her a little real-life present, too. ■

Declutter Your Desktop

More than just impressing your boss, a workspace free of unnecessary clutter can clear your head and push your productivity even higher. Now *that's* impressive

BY MICH R. LAGDAMEO

Color yourself productive

The *Color Affects System*, generated by color psychologist Angela Wright, theorizes that different hues can stimulate you in different ways. Pick a small painting, framed photograph, or simple decorative accent piece in a color that would best benefit you in the office: blue jumpstarts your brain, yellow allows creativity to flow, and green eases your mind and balances your energy (one good reason to have a plant at your workstation).

Maintain the essentials

"When I design spaces, function is a priority," interior designer Liza Estrero shares. "Ask yourself: How do you use your workspace? What items do you need often?" Mull over your daily work habits. If a laptop, a pair of earphones, and a mug of coffee are all you need to get through the workday, consider stowing things like calculators, files, and calendars out of sight. "Even if you put them in a nice container on your desk, if you don't reach for them often, it's better to just leave the space be."

Simplify and consolidate your to-do list

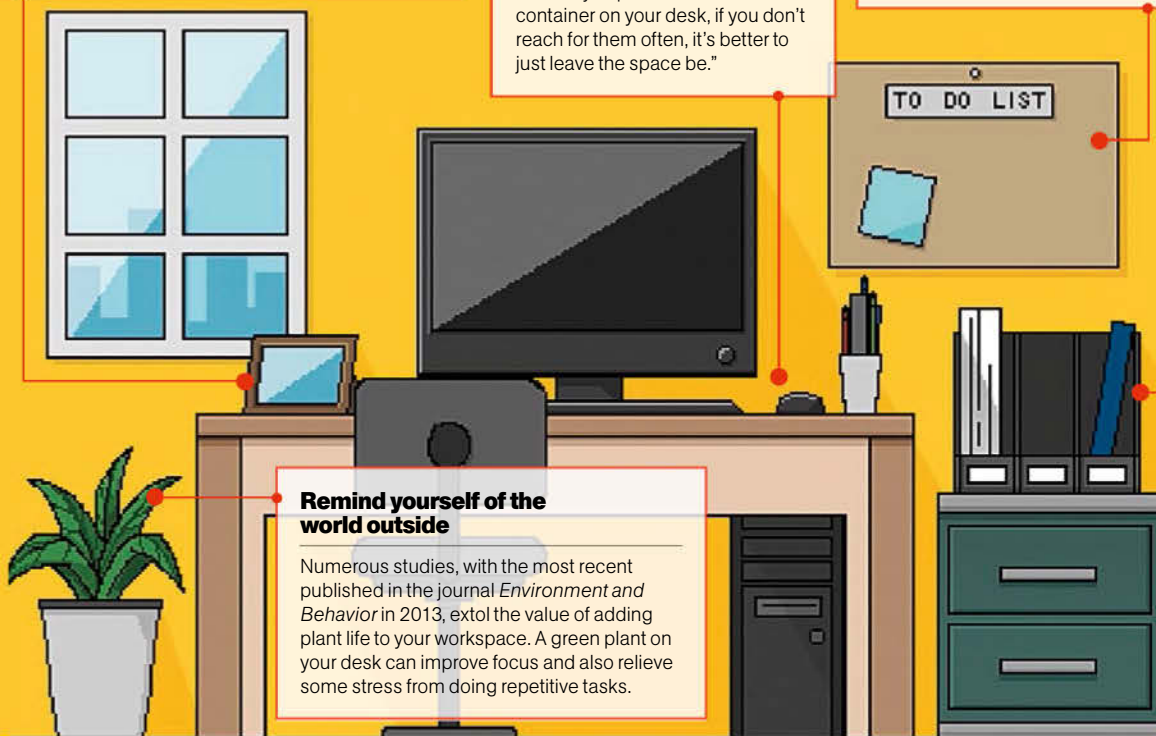
While you may feel that dozens of Post-its and handwritten notes on your desk give off the impression that you're a busy multitasker who's got it all together, that's not actually the case. Neuroscientists at the Massachusetts Institute of Technology found that the human brain cannot give simultaneous attention to different must-dos—but it can shift from one completed task to another more than competently. When you sit down in the morning, write down a single orderly list of the day's assignments (or leave a digital Post-it open on your desktop) and place it where you can see it, instead of trying to give equal attention to wallpaper-like scraps of neon paper waving at you.

Do a paper purge

Unless you enjoy seeing stacks of paper, giving you a not-so-gentle reminder of unfinished work each morning, take the time to sift through them. "A lot of paper in plain view has a great impact on what I like to call the *aliwalas* factor," says Estrero. She suggests using a single in-tray or a simple, color-coded desktop filing system: in, out, and pending. "Try designating one corner of the desk for all your paperwork. Avoid having small piles of paper covering your table," Estrero adds. When your paper corner starts looking a little overrun, it's time to sift through the pile again.

Remind yourself of the world outside

Numerous studies, with the most recent published in the journal *Environment and Behavior* in 2013, extol the value of adding plant life to your workspace. A green plant on your desk can improve focus and also relieve some stress from doing repetitive tasks.



Let There Be Light

A study conducted by the National Renewable Energy Laboratory for the US Department of Energy found that office workers (and students) with workspaces exposed to natural light performed better than those whose

workspaces are perpetually bathed in artificial light. The trace exposure to vitamin D also showed improved health benefits, which contributed to higher productivity and lower stress levels.

A little sunlight goes a long way—

being near a large window can result in a big jump in office performance. If possible, have yourself transferred to a cubicle near a window. If not, take a walk outside during lunch break. Your pasty skin and tired brain will thank you.

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Vaseline® MEN
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Men's Health
GROOMING
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7 Acne Solutions for visibly whiter skin

New



 facebook.com/VaselineMenPH

Fights 7 acne problems: clogged pores, blackheads, excess oil, acne, blemishes, acne-causing bacteria and acne marks. Reduction of acne marks and bacteria observed with regular use.

ASC No. U097P0507131V Per DOH-FDA-CCRR Permit No. 323 Series of 2013

FREE SPF 30 Whitening
Moisturizer with every purchase

F wheels

Upping the Ante

The all-new Honda City delivers as a daily driver with an upgraded sense of flair

BY WAYNE JOSEPH TULIO



STEADY ON THE AC

In a conference paper by R. Farrington and J. Rush of the US National Renewable Energy Laboratory, they found that current air-conditioning systems can reduce fuel economy of vehicles by about 50 percent. So unless it's scorching hot, keep your settings to a minimum.

JUST THE RIGHT AMOUNT OF OOMPH

The new City isn't underpowered for its size. Under its hood is a 1.5 L VTEC engine that's capable of producing 118 horsepower and 148 Newton-Meters of Torque. It's mated with either a 5-speed manual tranny or a 7-speed CVT.

We got to drive the CVT-equipped VX variant, and it offered a little bit more punch compared to other cars we've driven in its class, like the Toyota Vios. Speeding up to overtake slow-moving cars on the NLEX was a breeze. Switching to manual-mode via paddle shifters was quite fun too—it remained responsive as we shifted through its seven-gear capability.

As a total package, the City offers a comfortable ride that looks attractive with just the right amount of power and the fuel efficiency you'd want for a daily driver. The City fits those whose jobs require them to drive everywhere on a daily basis. The price range of P756,000 to P970,000. It may be a little steep, especially for first time car owners, but from what you'll get in total, it's a steal.



ALL-NEW HONDA CITY 1.5VX, P880,000 for more information, log on to www.hondaphil.com



STYLIN' AND PROFILIN'

Much of the knocks on the previous generations of the Honda City were aimed squarely at its exterior. The all-new City is different: It easy on the eyes, and its body is an appealing combo of fluid lines and sharp edges. A platinum front grille, eagle eye headlights, front fog lights, and a nice rear exude a tough vibe. Equipped with a set of 5-spoke, 16-inch alloys, it's got enough *angas* factor for you to want to take it out for a drive.



VALUE AT ITS CORE

The all-new City is equipped with the brand's "Earth Dreams Technology"—a cheesy name with a lofty aim: To keep your carbon footprint to a minimum. You have two ways to take advantage of this. First is the ECON button that, when engaged, adjusts the car's throttle, shift-mapping, and air-conditioning to keep more gas in your tank. The Eco-coaching Ambient Meter, meanwhile, indicates (via a green light in the instrument panel) if your revs are at the fuel-saving sweet spot. Using the City's eco-coaching, we were able to squeeze in a decent 13 km/L through a mix of open highways and traffic-filled back roads.

Pile on the Tech

Compared to its previous versions, the new City practically screams its techie cred

- + A smart key feature uses a sensor to detect your car key so you won't use it to open its doors.
- + You start your drive with a push button. Yes, starting your car can now be as easy as switching on your laptop.
- + The audio system and car settings can easily be controlled via the touch screen monitor on the center console. The screen is capacitive and you'll easily scroll through various menus.
- + The touchscreen also doubles as a monitor for the City's multi-view reverse camera that gives a clear image especially of the car's rear blind spots.
- + The air-conditioning system is activated and adjusted via a touch panel. While this looks nice, we had a hard time pressing controls to fix the thermostat and fan speed to our liking. Or maybe we should stop doing finger workouts.



Stay Under the Limit



According to Republic Act 10856 or the Anti-Drunk and Drugged Driving Act, the allowable blood alcohol level is below 0.05 percent. That means you need to have less than 5 grams of alcohol for every 100 milliliters of blood in your body. With party season in full swing, we don't encourage you to drink and drive. But should you find yourself tempted, what is the safe amount you're allowed to consume?

Numerous factors like age, gender, and body size affect the rate at which alcohol is absorbed and metabolized by the

body. According to the Australian National Health and Medical Research Council, the body metabolizes alcohol at the rate of one standard drink (SD) per hour. An SD contains 12.5 milliliters of alcohol. If you have a beer or glass of wine, wait for an hour to an hour and 30 minutes before you drive and you're in the clear. Better yet, just leave your car at home and avail of public or private vehicle services (GrabTaxi, Uber—download these apps now) so you can enjoy more and avoid any risks once you've downed your last bottle.

BREATHES

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F grooming

The State Of Zen

Stress-busting made easy, thanks to these four treatments

BY WAYNE JOSEPH TULIO



A study from the University of Miami found that ginger has anti-inflammatory, antioxidant, and analgesic properties that make it work like pain relief meds. Probably explains why it's included in spa retreats—from the food you eat to the tea you drink.

ARE YOU A WORKAHOLIC? Stress can make you look—and feel—like you've been hit by a bus (with apologies to all actual victims of PUV road rage). A review of studies published recently in the *Journal of Organizational Behavior* found that job-related stressors—like your workload—can lead to low levels of psychological detachment. When you can't detach from the demands of your work, you're more likely to have high levels of strain, experience burnout, and have lower life satisfaction.

Going on a vacation is a great way to hit your mind's reset button and keep you looking fresh. And even if you can't swing your leave package for a full-on trip, there are still short-term options. A "staycation" is a great alternative. Hotels in the metro offer overnight stays together with activities that are meant to be a brief but refreshing break from your daily routine. We tried the "Rest" package at Chi, The Spa, at the EDSA Shangri-La Hotel, and found that these four methods of relaxation can help anyone detach from the pressures of pressing paperwork.



Relaxation Technique 1: Full Body Massage

Massages have long been a go-to for getting rid of aches and tightness in the muscles. In traditional medicine, it's also used to calm your mind. "Massage involves lymphatic drainage, which is meant to stimulate your nerves to help you relax," says Day Agustin, a staff member at Chi, The Spa. Getting the most out of any type of massage entails switching your phones to silent mode and concentrating on nothing but the treatment itself. "Surrender to your senses. If your mind says relax, just relax. *Kung gusto mong matulog*, do it," adds Agustin.

► **WHAT WE TRIED:** The Chi Balance Massage. The technique used is gentle but utilizes penetrating palm pressure that's soothing. Trust us, it'll make you fall asleep—soundly at that.

Relaxation Technique 2: Facial

Faced with the stress of a looming deadline? We can tell just by looking at your mug. A facial treatment may sound girly, but it'll help you look fresher in time for your next presentation—plus soothe you in the process. "Facials help bring back moisture to the skin, which helps a lot because here in the city, we're exposed to all sorts of toxic elements," adds Agustin.

► **WHAT WE TRIED:** The Chi Facial—which cleans, tones, and moisturizes—is capped-off with a light massage to your face.

Relaxation Technique 3: Dynamic and Static Stretching

Stretching your muscles, using both static and dynamic methods, isn't just for mobility and flexibility. "Stretching is basically a relaxation technique," explains Stephen Anonuevo, health club supervisor at the EDSA Shangri-La Manila. "By emphasizing the slowness of the movement, you feel like you're in a relaxed state." When your muscles feel less tight, you're certainly not going to feel uptight.

► **WHAT WE TRIED:** A 30-minute bout of dynamic and static stretches, plus a round with a foam roller. The whole thing works up a light sweat, but the added mobility you'll feel first thing in the morning is a more-than-welcome treat.

Relaxation Technique 4: Foot Reflexology

Our feet take the brunt of our weight when we stand, walk, run, and jump. Massages certainly help soothe these overworked appendages. Traditional Chinese medicine takes foot massages up a notch with reflexology. In her book *Reflexology Massage*, author Monika Schaefer notes that "the stimulation of certain pressure points on the foot leads to reactions within the associated organs," leading to overall relaxation.

► **WHAT WE TRIED:** Chi Foot Reflexology. Initially, the pressure applied on the feet can sting a bit. But once the minutes go, you'll settle into every soothing stroke. You'll wish it would never end.

RETURN
TO
CENTER

Chi, The Spa, at the EDSA Shangri-La Manila offers different Bespoke Wellness Retreats overnight stay packages with corresponding treatments and activities that are meant to rejuvenate your senses and strip away stress. Prices start at P22,000, depending on room availability. For inquiries, call 632-63888 ext. 9910 or log on to www.shangri-la.com/manila/edsashangrila.

SMOOTH SKILLS

THIS HOLIDAY SEASON, POWER UP THE CHARM WITH THESE SURE-FIRE SMOOTH LEE MOVES!

1

► ZERO IN ON THE RIGHT GIFT

The key to gift-giving: It has to be thoughtful. Whatever you give her, it should be able to make her feel like you know her well, and you've devoted the time to find out precisely what she likes.

3

► TAKE HER WHERE THE ACTION IS

From reunions to parties, Christmas comes with an endless barrage of get-togethers. For really big pogi points, offer to take her around. You hit two birds with one stone by doing this. It shows her that you're genuinely concerned, and you get to spend quality time with her.

2

► CLEAN UP LIKE YOU MEAN BUSINESS

Make her feel extra special this season by showing up to your dates with style and panache. Get a clean shave, a spiffy haircut, and put on something sharp. She'll remember you for it.

SMOOTH MOTION

The Exacta 2 System has twin blade razors and a pivoting head that help you achieve a smoother and closer shave in hard-to-reach areas. It glides along the contours of your face while also caring for your skin with its built-in lubricating strip enhanced with aloe and vitamin E.

A CLEAN HIT

Just like the system, the Exacta 2 disposable razor boasts of a one-push cleaning button to help expel the hair stuck between the blades. It also has two thin blades and a lubricating strip for a smoother shaving experience. Its micro cushion rubberized grip handle helps give you better grip and control for easier shaving.

PROTECT YOURSELF

Help protect your skin from dryness and irritation with the aid of the Shave Guard foam and gel. The Shave Guard helps prevent razor burns, leaving you with a clean, fresh feeling every time.



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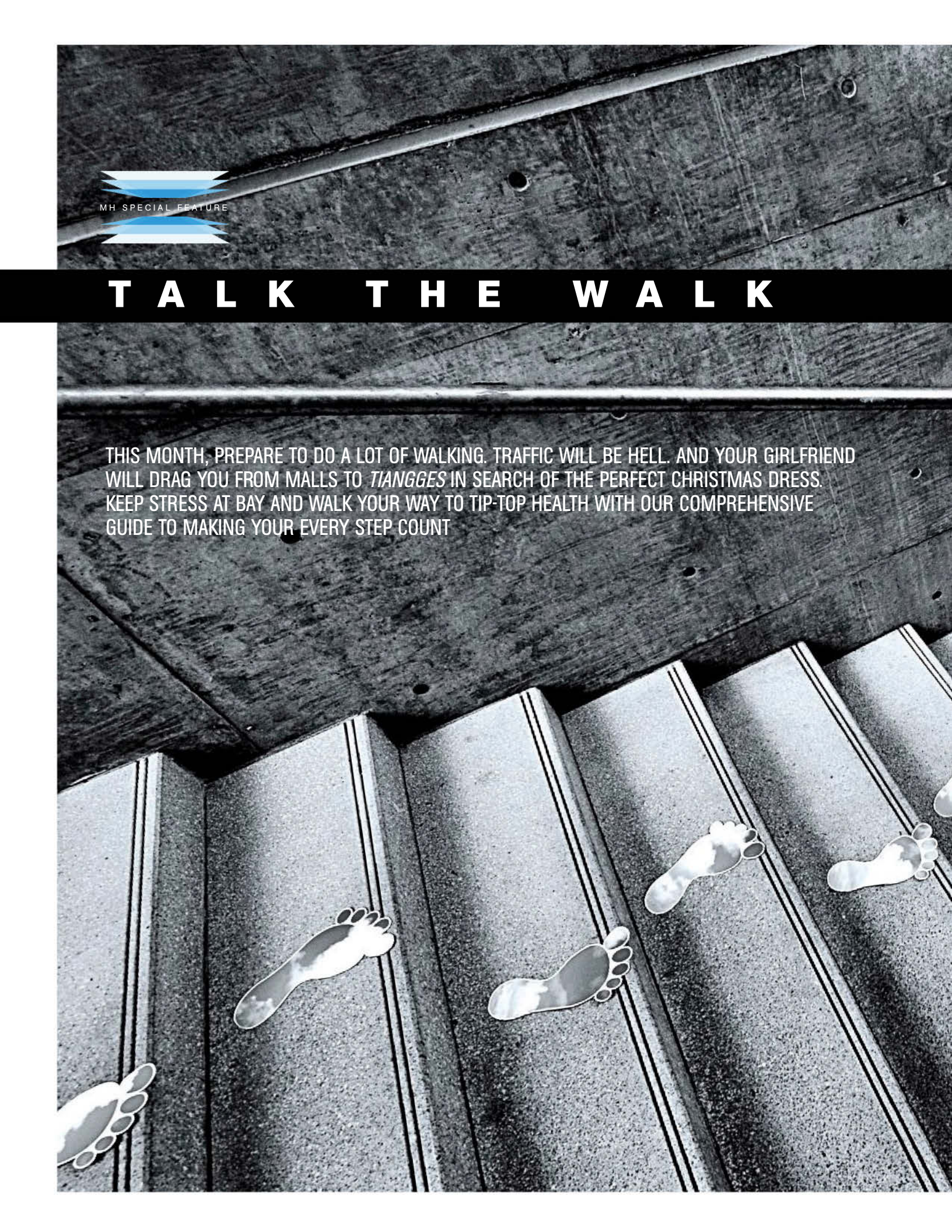
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MH SPECIAL FEATURE

TALK THE WALK

THIS MONTH, PREPARE TO DO A LOT OF WALKING. TRAFFIC WILL BE HELL. AND YOUR GIRLFRIEND WILL DRAG YOU FROM MALLS TO *TIANGGES* IN SEARCH OF THE PERFECT CHRISTMAS DRESS. KEEP STRESS AT BAY AND WALK YOUR WAY TO TIP-TOP HEALTH WITH OUR COMPREHENSIVE GUIDE TO MAKING YOUR EVERY STEP COUNT



BY OMAR GLENN D. BELO, LIO MANGUBAT, AND WAYNE JOSEPH TULIO

ILLUSTRATIONS BY LUCIANO RAMIREZ



It's nearly impossible to remember how you felt when you first started walking.



But witnessing someone else's first steps (say, your own child's) and comparing them with how most grownups walk is a perfect example of contrast.

The baby, barely a year old, struggles to stay upright. But with eyes wide open, mouth agape, and arms up in the air, the little one shrieks with every successful step, reveling in the proud claps and cheers of ecstatic parents.

The full-grown adult, on the other hand, blames the MMDA for positioning the bus stop a good kilometer away from the MRT station he usually takes to get to work. Or the traffic enforcer for actually doing his job, which is directing PUJs to unload at the right place. "*Bwiset na bantay yan, pwede naman dito bumaba dati.* Hassle," says a pissed-off man sitting in front of me in the jeepney.

See, from pure joy to utter disgust. Contrast in full HD.

"I think we are not a walking people in general," observes Ivan Man Dy, lead guide and founder of Old Manila Walks. "In my tours, I've noticed that foreigners don't mind long walks. Locals, *kabaligtaran*. And it doesn't help that our physical environment is not conducive to walking. *Hindi na nga tayo mahilig maglakad, pangit pa ang environment na minsan matatakot ka pa maglakad.*"

Perhaps all the years we've spent walking has drained the joy we felt during our first few steps. We're also a car-centered society, where owning a car is a status symbol, and walking is somewhere at the bottom of the hierarchy of place-to-place mobility. "We are spoiled for choice: Tricycle, jeep, taxi. Five

minutes *na lakad na nga lang, magpapa-padyak pa,*" Man Dy explains.

Still, there are walkers among us (no, not the mindless, man-eating kind), and Man Dy considers himself one of the "hardcore" ones. "I like to walk, seriously. It's inborn, I suppose, *kasi* I grew up in Binondo amidst all the old houses," shares Man Dy, who is a candidate for the Cultural Heritage Studies masters degree in UST. "I grew up on the same streets *na amoy-sibuyas, minsan amoy-estero o tae ng kabayo*, full of character. For me, that's the soul of the community. And you get to interact with that, the city, more if you walk."

Man Dy admits to taking long walks for no particular reason. And at that point, I found a kindred spirit. Ten years ago, I found myself telling my feet to take me wherever they want after a law-school entrance exam in Recto. The *promdi* in me was itching to see the famed Manila Bay sunset. So, I took a long and winding walk through the innards of the nation's capital and basked under the golden sun at the bay walk, holding a softdrink in a plastic bag in one hand and a *sorbetes* sandwich in the other. Many walking escapades sporadically followed.

Such walks are purposeless, sure, but they're certainly not without benefits. Walking is healthy. Health advocates worldwide consider 10,000 steps as the ideal minimum number of steps taken in a day to be considered healthy. (One of Man Dy's tours in Binondo clocked 6,000 steps, measured on a pedometer by one of his clients.) A 2008 study at the University of Exeter in the UK showed that brisk walks

can slash your snack cravings in half. It's said that the activity fires up your brain to release more endorphins and, in turn, suppresses your appetite. In addition, a 2013 study at Princeton University found that a walk in a park, for example, cuts signs of anger, depression, and stress in just minutes.

A city's walkability is quickly becoming a major factor in tourism. Walking tours like Old Manila Walks are getting popular. Cities like Iloilo, Man Dy adds, are creating efforts to make their place more walkable. "They did something on their main street, Calle Real—*inayos nila*," he says. "They created an esplanade for walking, around one kilometer long. You can walk around by the river. It's something we need here. If we created more walkways and nice paths, people will walk. I believe that. We can change our mentality if it's walkable outside."

The media, this mag included, is also starting to catch on to the nostalgia that surrounds such an ordinary activity. And nostalgia clearly sells. Binondo is reinvigorated, with people flocking to the place, patronizing local establishments, even visiting Chinese temples on their own. Walking havens like Bonifacio Global City, Kapitolyo in Pasig, Salcedo Village in Makati, and Maginhawa Street in Quezon City are thriving as well.

We're finally starting to rediscover the joy of walking. But while you will hardly find anyone clapping for a grown man walking around, exploring the streets on his own while getting lost in his thoughts, you'll be surprised to discover that after a long walk, your feet are sore but your heart is full. —OMAR GLENN D. BELO

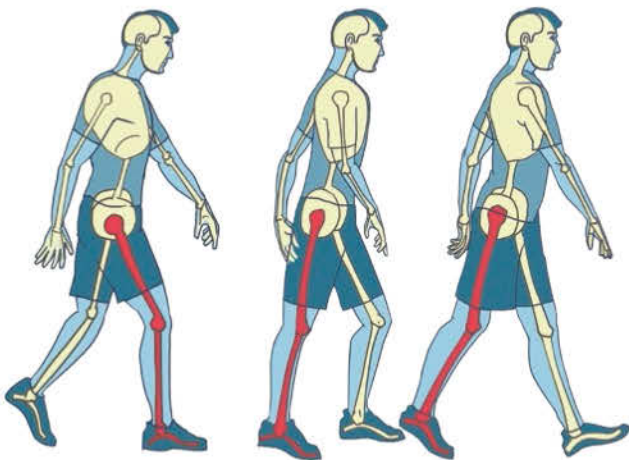
10

Percentage of your body weight that should be the maximum weight of your bag. "Having more than that can throw off the center of gravity and cause the body to develop compensatory habits and gestures," warns sports physiologist Francis Philip S. Diano, P.T., M.C.M.T.

YOUR GAIT, EXPLAINED

BY LIO MANGUBAT

A gait is a two-phase breakdown of a walk, beginning with a stance phase, when your leg is resting on the ground, followed by a swing phase, when it's swinging forward. As you walk, your legs will perform alternating gaits that overlap with each other. Here's an illustrated step-by-step guide



THE STANCE PHASE

Loading Response

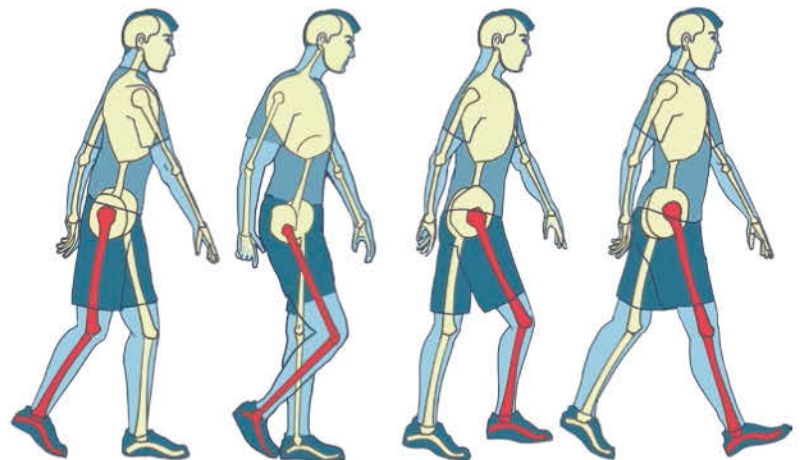
It begins when your foot first hits the ground and absorbs impact and ends when your other foot is lifted for a swing. Your stance foot will tend to pronate as it supports your body's weight.

Mid-stance

This starts when the other foot is lifted for a swing and ends when the swinging leg's tibia is straight over the ground. Your body will also sway a little—about two inches to the side—to realign the body's gravity line with the load-bearing leg.

Terminal Stance

The stance leg's heel rises while the swinging leg impacts the ground. Your stance leg will now become the new swinging leg.



THE SWING PHASE

Pre-Swing

You transfer your weight to the other side of your body, while the swinging leg lifts itself up on its toes. Your body's center of mass is at its lowest point here.

Initial Swing

This begins when the swinging leg's foot clears the ground, and ends when it's directly opposite the stance leg.

Mid-Swing

You advance the swinging leg and move forward until its tibia is hanging straight off the floor. This corresponds to the other leg's mid-stance phase.

Terminal Swing

Your knee fully extends, lengthening your tibia before the swinging foot impacts the ground. It is estimated that, for males, the joint reaction of the foot at heelstrike is 5.8 times your body weight.

The normal first point of foot contact is usually the heel. Blisters are the most common result of improper heelstrikes. Do not pop a blister on your own, warns Francis Philip S. Diano, P.T., M.C.M.T., a New York-based sports physiologist. In two weeks, it will heal by itself. In the meantime, "I do suggest petroleum jelly and a loosely covered bandage," he advises.

An irritated iliotibial band (ITB) can make your leg swing very painful. "Using a foam roller is one of the most effective ways to decrease ITB tension and stress," notes Diano. He recommends this move: Lie on your side, then gently and slowly roll the foam roller from the tip of the hip down to the side of the knee.

If you're suffering from a sore Achilles tendon, the toe liftoff may be quite painful. "Moving and working out to correct human movement should help, while adding activation, stretching, and rest," suggests Emmanuel Papa of the College of Human Kinetics in UP Diliman.

SOURCES: Gait Tutorial by Roger Allen, Mark Guthrie, and John Buford; Clinical Biomechanics: Musculoskeletal Actions and Reactions (Second Edition) by R.C. Schafer

1 out of 4

Number of people over 45 who report foot pain, according to a 2011 *The Journal of Pain* survey of over 31 studies, covering more than 75,000 people. One culprit? Excessive use of flip-flops. "A lack of support causes undue stress on the foot structures," says Diano.

Prep for the Walk



Walking may not be your idea of an intense physical activity, but if you do it long enough, your muscles are bound to feel the burn. Before heading off, it's imperative that the right muscles are activated, says Nico D'Haenen, owner and head trainer of Unlimited Sports Performance Center in Pasig City. Add this set of moves to your routine before going on a long stroll

1 STANDING HIP-FLEXOR STRETCH

Good for: Activating hip flexors that should be firing up as you walk
Do it: Stand with your hands on your hips. Take a step forward with your right leg, then bend your knees until you feel the stretch in your left hip. Keep your back and left leg straight at all times. Hold this for 20 to 30 seconds, then switch sides.

2 CRADLE WALKS

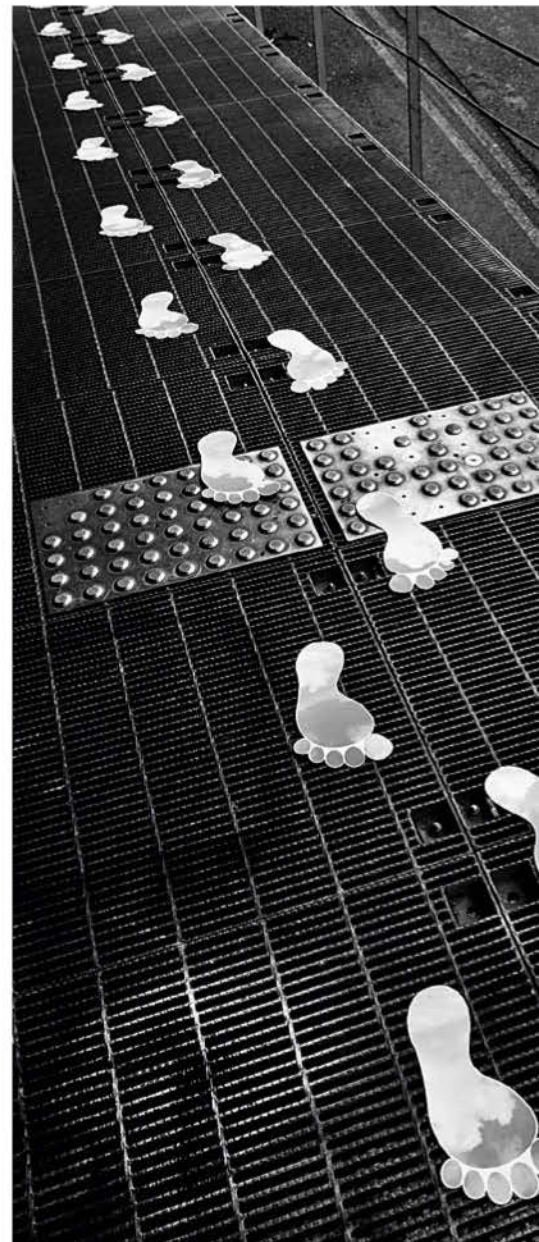
Good for: Warming up your abductors and adductors, which are usually ignored in other stretching moves
Do it: While keeping your trunk straight, raise your right leg to hip level, bend the knee, and use your arms to cradle it (right hand under the knee, left hand on the front of the ankle). Bring it down by taking a step forward. Repeat with your other leg. That's a pair. Do five.

3 QUAD STRETCH

Good for: Engaging your quads, which usually tighten up when you do a lot of leg movements
Do it: From a standing position, bend your left leg backward and hold your left foot with your left hand. Keep your chest out and your back straight, maintaining your balance while holding the stretch for 15 seconds. Do the same with your right leg.

4 GLUTE BRIDGES

Good for: Activating your glutes. When fired up, they shield your lower back from taking the brunt of your movement
Do it: Lie on the ground with your knees bent and your feet flat on the floor, then lift your backside a few inches off the floor. This is your starting position. Squeeze your glutes together and lift your hips up until there's a straight line from your shoulders to your knees. Pause, then go back to the starting position.



Step Right Up

REAP THE UP-TO-THE-MINUTE, LIFE-EXTENDING BENEFITS OF WALKING NOW!



A Stroke of Luck

Your road to improved health and fitness starts with a single step, followed by a few more. A study of Finnish commuters published in *Journal of the American Heart Association* found that walking for between one and 29 minutes a day lowered stroke risk by seven percent compared to non-walkers.



Don't Believe the Hype-rtension

A brisk 10-minute walk four times a day can lower your blood pressure enough to significantly reduce the risk of stroke and heart disease, according to research at the Indiana State University. Plus, 10 minutes at 70 steps a minute burns 46 calories.



No Half Measures

Step up to power-walk pace (140 steps per minute at a 6.5-kilometers-per-hour pace or more) and you'll burn 100 calories every 15 minutes. That's a swift half of lager erased from your gut records. "Hit a speed where you feel you're really pushing yourself, so you can talk but only a couple of sentences at a time," says London-based trainer Dax Moy.



The Big Chill

Singeing your soles for 20 minutes a day means lower stress levels, according to studies in *Annals of Behavioral Medicine*. Credit goes to the cumulative effect of an active distraction and the release of feel-good endorphins. A bonus for would-be non-smokers: 20-minute walks also tame cravings.



Take It All in Your Strides

If your stress is stratospheric, escape for a half-hour pavement pummel at 6.5 kilometers per hour, then rest for five minutes. Studies on anxiety sufferers in *The American Journal of Psychiatry* found that this reduced the effects of mental tension on the body by two-thirds. The rest is crucial. Researchers reckon it's then that the mind experiences euphoria from the endorphins.

Walk with Juan

FOUR ROUTES TO GET YOUR FEET A-MOVING



1 RANGER STATION

HIKE TO HEAVEN Ambageng Trail, Mount Pulag

Approximate Distance: 8K Recommended Time: 12 hours (including overnight campout)

Beginners looking to conquer Luzon's highest point should take the mountain's Ambageng Trail. It's recommended that you stay overnight there, so you can assault the summit at sunrise and soak in the spectacular view. To get used to climbing elevation, "take the stairs in your commute, in the mall, in the office—everywhere," advises Deo Marco Cumba of Backpackers United ([facebook.com/backpackersunited](https://www.facebook.com/backpackersunited)).

2 TACLOBAN

MARCH FOR CHANGE Manila-Tacloban

Approximate Distance: 1,000K Recommended Time: 40 days

"Tama na ang salita," declared Philippine Climate Change Commissioner Naderev Saño on October 2. "Kailangan nang kumilos." Saño was part of a group of climate-change advocates who walked for 40 days from kilometer zero in Rizal Park to the acknowledged ground zero of Haiyan, Tacloban, to raise awareness for their cause.



3 INTRAMUROS

HISTORIC WALK Intramuros-Binondo-Quiapo-Malacañang

Approximate Distance: 8K Recommended Time: 6 hours (including stopovers and sightseeing)

Ivan Man Dy of Old Manila Walks (www.oldmanilawalks.com) has been doing guided walking tours of historic Manila since 2005. This comprehensive route will give you the street-level skinny on the city's oldest sites, from the grand dame churches of the walled city to the quiet gardens of the presidential palace. "These places are generally safe, but you don't want to attract unnecessary attention," Man Dy cautions with a smile. "Just dress down and [wear] a pair of good walking shoes."



4 RIVERBANKS

SUBURBAN TRAIL Diliman-Marikina

Approximate Distance: 16K Recommended Time: 2 hours

For the final examination in his very popular Walking for Fitness PE class (yes, it's a real, credited class) at the University of the Philippines Diliman, associate professor and mountaineer Noel Rivera, M.A., takes his students for a brisk walk from university grounds to the riverside town. He makes them walk at a "conversational" pace, not a "cellphone-using" pace. "They have fun," comments Rivera about his students, "but they later learn that walking for two hours is no joke." Even experienced majors from the College of Human Kinetics are surprised at how much effort it takes.

Walk for More Strength

These moves involve the mechanics of walking—but with a few twists. Add them to your own workouts the next time you head to the gym

—WAYNE JOSEPH TULIO



SLED MARCH

You don't normally walk around with a sled, but this move can help you walk more efficiently. "It will teach you the proper mechanics for acceleration and the forward lean, while activating your hip flexors," explains D'Haenen.

Do it: Place your hands on the handles of a weighted sled. While keeping your back straight, push the sled while walking 10 meters forward. Turn the sled around and push it back to your starting point.



SINGLE-ARM FARMER'S WALK

Holding heavy weights in each hand, you'll need to brace your core in order to keep your body straight as you walk forward. This version takes the classic Farmer's Walk up a notch. "You'll only use one weight, so your obliques fire up on the side where you hold the weight," adds D'Haenen.

Do it: Stand holding a kettlebell with your right hand. Brace your midsection, keeping your chest out and your back straight. Walk 15 steps forward. Switch hands and walk another 15 steps forward.

3 BAND WALKS

Add this move to your pre-workout routine. "It's good for leg-muscle activation," says D'Haenen. For an idea on how to do it, check page 50.

—FROM MENSHEALTH.CO.UK



Blow Colds Away

Studies at the Appalachian State University, USA, found that people who take 45-minute walks daily clear colds 50 percent faster than non-walkers. "Walking boosts production of germ-killing cells," says study author Dr. David Nieman.



Working (Off) Lunch

An hour and a half at a constant 6.5-kilometers-per-hour pace burns approximately 560 calories for the average man.



Arrest the Arrest

A three-hour walk is going to take a serious chunk out of your working day and probably won't go down too favorably with the boss. But clocking up those 180 minutes over a full week will still have huge benefits—you'll positively slash your heart-attack risk by an artery-widening 40 percent, according to a 20-year Harvard University study.



Steps in the Right Direction

Two weeks of walking gives you more than just blisters. It's the point at which British Regional Heart Study researchers began to detect changes in cholesterol levels of men walking at 3 to 4 miles per hour for an hour a day. Keep it up for 20 years, say the experts, and you'll halve your risk of death from the Philippines' number one man-killer: coronary heart disease.



Turn Back the Clock

Like our wives, kids, and bowels, our blood vessels also become less compliant with age. This ups our risk of heart disease, but American Heart Association research found that walking 55 minutes a day, five days a week for 12 weeks left subjects' blood vessels responding like those of men 10 years younger.



SEASON'S HEATING

YOU'RE HER SANTA CLAUS, KRIS KRINGLE SURPRISE, AND CHRISTMAS BONUS ALL ROLLED INTO ONE. THIS YULETIDE SEASON, BE THE GIFT THAT KEEPS ON GIVING. WITH THIS UNBEATABLE SEX GUIDE, LEARN SUREFIRE SWEETNESS STRATEGIES AND TIPS TO PAMPER HER IN AND OUT OF THE BEDROOM. 'TIS THE SEASON TO BE NAUGHTY



By
**Aya Tantiangco, Anna Felipe,
and Larissa Joson**

Illustrations By
James John Andres

Sex Positions Based on the *Men's
Health Sex Position Playbook*

**MEN'S HEALTH /
DECEMBER 2014**

P. 53



SEX CIRCUIT 1

DO IT SWEET

Your mission? Make her feel like she's the most special gal in the world. These three sex positions emphasize a gentler side of the nookie

Instructions: Complete these positions as a circuit, paying attention to proper form until the big finish.



The Cowgirl

Category: Woman on top

Instructions: From the conventional position for making out, hug her close to you, then (with your guns) lift her up and sit her on top of you.

Heat level: ★★★★★

You have a great view and, if you do it right, she won't mind being a little friskier. Pumping up and down is swell, but grinding will rub the two of you the right way.

Difficulty level: ★★★★★

If your honey doesn't feel like bouncing over you, it's not a good idea to try and change her mind. If she's just too tired, enjoy the view and do the work. Ask her to squat, hold her tight, and thrust from below.

The Must-Do

Category: Oral

Instructions: Gently go down south, and tell her it's all about her.

Heat level: ★★★★★

New research published in

Clinical Anatomy shows that it's high time to admit one thing: Licking the clit is a must if you want a girl to keep you around.

Difficulty level: ★★★★★

Two potential problems: You may not know where the clitoris is, or what to do with it. Throw out all the sex books and just simply ask your partner to indicate what feels good while you're in Oz and follow the sound of her moans. "And guys: Do tongue exercises," recommends Grace, 29, an IT specialist.



The Ballet Dancer

Category: Standing

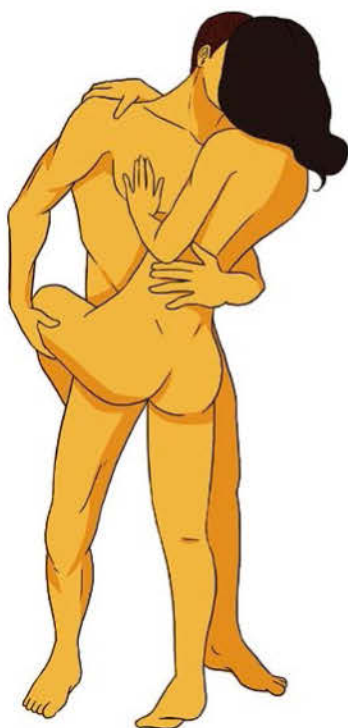
Instructions: While you're entwined, gradually ease into a sitting position, have her wrap her legs around you—and pirouette! Just kidding. Stand up, guide one of her legs to the floor, and keep the other one wrapped around you.

Heat level: ★★★★★

You can basically do this in closets, showers, and (clean) restrooms—adventure awaits. Detaching yourself from the bed opens up a whole world of possibilities.

Difficulty level: ★★★★★

What if she wraps her legs around your waist, but you don't have the stamina (or the upper-body strength) to support her? If



you need another motivation to keep at the gym, here it is.

"A man with great arms can literally take me places," gushes Andrea, 29, a lawyer.

SEX CIRCUIT 2

DO IT FRISKY

There are some nights (and days) when you just can't wait to hit the bedroom. These positions were made to scratch that itch

Instructions: Complete these positions as independent circuits. Want to upgrade? Combine them all in one session for your sex superset.

Restroom Attendant

Category: Standing, rear entry

Instructions: Slip inside a restroom and take her from behind in front of the mirror. Plus points if she's wearing a skirt—there's always something sexy about that.

Heat level: ★★★★★

"A break from routine would be nice. I like my boyfriend, but I can't keep staring at the ceiling," says Gwen, 22, a freelance illustrator. This position solves that problem. The mirror is a bonus, to appeal to your inner



voyeurs. The need to be quiet and the possibility of getting caught are great lubricants.

Difficulty level: ★★★★★

Really want to go public with this one? Stick to a friend's house party first. Also, make sure it feels good for her, too. Don't thrust too hard. Rear entry positions have painful angles.

Couch Surfer

Category: Standing, rear entry

Instructions: If you've ever taken her from behind while she's holding onto the couch, this is the next step. Guide her to slide down the armrest a bit, then bend her knees up while you enter her. Hold her near the hips and lead the pace of the thrusts.

TAKE HER OUT IN STYLE Make it a night she'll never forget—and that's before you even get between the sheets

1 Dress the part.

Don't let her suffer through *foie gras* with you in your favorite Hawaiian-print polo and running sneakers. It's as simple as throwing on plaid long-sleeves. At the very least, "make sure your clothes are pressed and [of a good fit]," says Charmaine Palermo, director of *StylePH*. "A collared button-down with nice-fitting trousers and a pair of polished shoes work. Go with navy and gray colors—they look good together and flatter most skin tones."

2 Beat heavy traffic.

If you're going out on a weekday, choose a spot that's near her workplace or house. "Leave your home or office before rush hour so you can pick her up on schedule and just kill time at a coffee shop if you arrive early," suggests Stephanie Asi, managing editor of *Top Gear Philippines*. "Also, take advantage of navigation apps like Waze—they'll help you avoid and get out of a traffic jam." Weekend date? "Breakfast dates can be fun, too," agrees Asi. "If you leave the city before 7 AM for Tagaytay or Antipolo, you can be back in the city by noon."

3 Reserve, reserve, reserve.

Wherever you're eating, do make reservations even if the restaurant isn't upscale. "During the holiday season, have reservations made a month or, at the very least, two weeks before," advises Chef Malou Fores, owner of Mamou and Recovery Food. Mention that you're celebrating an anniversary or going on a first date. "They'll be able to give you the best possible table and experience for the occasion," Flores adds.

4 Foot the bill (with subtle flair).

Surprise her with gentlemanly finesse by paying the bill—without making a big deal about it. "Discreetly leave your credit card with the waiter or manager," says Karen Agustin-Ostrea, a certified etiquette consultant and owner of the Makati-based Global Image Management. "This way, when the bill or receipt arrives, you can simply tell your date: 'Oh, I took care of it already.'"

Heat level: ★★★★★

A couch usually means lounging time with your lady (preferably with a good movie and a bowl of popcorn—no butter). After this, she'll never look at your couch the same way again.

Difficulty level: ★★★★★

And another vote for cardio!

Imagine the positions she's willing to get into for you—but you're huffing and puffing? Out of breath? She's showing off her agility. Assume the power stance and rock her world.

Iron Chef

Category: Standing, front entry

Instructions: If you want to keep it domestic but raunchy, make space on the kitchen counter and (you know where this is going) bring the meat out. Sit your partner on a clean surface and park between her thighs.

Heat level: ★★★★★

One minute you're enjoying a glass of wine, the next you're enjoying each other. What's not to like?

Difficulty level: ★★★★★

First of all: Headspace. Make sure she's not banging against anything else but you, okay? If she's not against a wall, that means she's going to hold on to you, so keep her steady.



SEX CIRCUIT 3

DO IT WILD

Bedroom beast mode: On. Challenge yourselves to get each other off with these intense and complex sex positions

Instructions: Perform these positions as a circuit, moving from one to the next with no rest in between. Bonus points if you can finish.

Mountain Climber

Category: Man on top

Instructions: You're probably already on top of her, so add this variation to the mission: Assume the "up" position of a push-up and thrust as you go down. You don't have to dip your chest. She can just squeeze your arms while she enjoys the ride.

Heat level: ★★★★★

This modified missionary is great for bragging about your



abs—if you have them or if she's interested in them.

Difficulty level: ★★★★★

It also takes strong arms to mix pleasure with business by

PICK THE RIGHT GIFT Whether she's been naughty or nice (we love both), your girl deserves the best from Santa's loot bag. But it's impossible to give her something she'll really like, says jaded, on-the-brink-of-giving-up you. Relax. It's simpler than you think

1

Meaning Trumps Price

Let's set the record straight: Women want to see time and thought, not a ginormous price tag. "Don't pick a gift just for the sake of giving her one. Make her feel like you had to move heaven and earth," says Nikki Santiago, managing editor of *StyleBible.ph*. This requires you to pay attention. Your best sources for clues? "Your conversations with her, her comments on different activities, which stores she goes to when you're in the mall, or what she's curious about at the moment," Santiago declares.

2

Be Budget-Savvy If You're Newly Dating

Use common sense as your guide. Skip the super-expensive stuff or you'll run the risk of making her feel awkward, embarrassed, or led on. Spending for an experience you two can share (concert tickets, anyone?) is not only a more thoughtful move—it also gives you the chance to know her better.

YES, YOU REALLY HAVE TO

IF YOU REALLY LIKE THIS GAL, GET HER SOMETHING—EVEN IF SHE INSISTS YOU DON'T HAVE TO. THE RESEARCH BACKS THIS UP: PSYCHOLOGISTS FROM SOUTH UNIVERSITY IN GEORGIA AND FLORIDA SAY THAT GIFT-GIVING CONNECTS YOU WITH ANOTHER PERSON AND REINFORCES APPRECIATION.

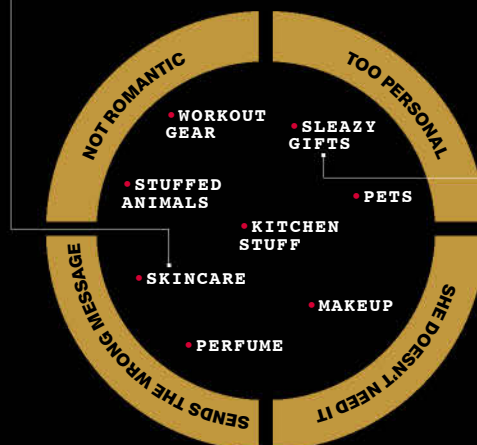
If You're Married or in a Long-Term Relationship

"If you can afford it, then by all means, spend," says Santiago. The goal, however, is not to be excessive or materialistic. "If you can't afford it, don't force it—don't borrow money just for a gift. A guy buried in debt is a major turn-off," she warns.

KNOW THE NO-NOS

Don't want to end up outside the *kulambo*? Then steer clear of these duds

"They're called personal care products for a reason. Also, these are very generic, 'lazy' gifts."—stylist Belle Camarsi



"Getting her something vulgar for Christmas is not only immature, but it also shows you don't take the relationship seriously to do something more thoughtful."—Camarsi

GIVE HER WHAT SHE WANTS—WHETHER SHE'S FEELING NAUGHTY OR NICE

doing push-ups during sex. “I recommend dive-bomber push-ups,” says Juan, 22, a trainer. Again, keep in mind that you’re there to have fun with your partner. She’s not just an audience for your physical prowess.

Butter Churner

Category: Standing, front entry

Instructions: Put her legs over your shoulder first, then slowly assume a standing position. Your partner should be lying on her back with her legs raised. Make



sure her neck is comfortable. Your goal is to dip your penis in as you squat down. Now work it.

Heat level: ★★★★★

Don’t thrust too hard; instead, pull all the way out and inch your way back in again. She’s going to feel all of you and she’s going to be extra-happy with all that blood rushing to her head. Notes Joan, 23, a model: “It’s a bitch to do, but positions that require doing squats hit toe-curling spots.”

Difficulty level: ★★★★★

You’re going to be doing squats: thighs, hips, and buttocks. Yes, this’ll be good for your ass...but only if you’re fit enough to do it in the first place. Do the squats without the sex first, to avoid cramping your romp later.

The Spider

Category: Head to toe

Instructions: You’re both reclining, supported by your arms, facing each other. Rocking. Toward. Each. Other. Back. And. Forth. This usually happens somewhere between taking her from behind and lying back down, so as she moves to a more supine position, put your hands on her hips and move her legs (bend her knees and plant her feet on either side of your hips or waist)..

Heat level: ★★★★★

Say hello to your penis disappearing inside another



PAMPER HER

In case experience hasn’t clued you in, your fingers are capable of mind-blowing magic. By using the right strokes and the right pressure on the right parts, you can get your girl to calm down, de-stress, and repeatedly sigh with pleasure (without having to pop any of her buttons open). Nyssa Feredo, manager of Neo Day Spa, shares how you can be a master of massage.



+USE YOUR THUMBS TO LIGHTLY MASSAGE HER HEAD. “DON’T FORGET TO MASSAGE THE BACK OF HER EARS, THE AREA BETWEEN HER EYEBROWS, HER TEMPLES, AND HER SCALP,” INSTRUCTS FEREDO. ABSOLUTELY NO HAIR PULLING, THOUGH—LEAVE THAT TRICKY TECHNIQUE TO THE PROS.



+“SHOULDERS NEED SOOTHING LONG STROKES,” FEREDO NOTES. “USE YOUR PALMS FOR THIS AREA.”



+“PUT PRESSURE ON THE SOLES OF HER FEET USING YOUR THUMBS,” SAYS FEREDO.

FEELING THE PRESSURE?

DON’T. IF YOU’RE WORRIED ABOUT HOW HARD OR LIGHT YOUR TOUCH SHOULD BE, HERE’S A SIMPLE SOLUTION: “CONSTANTLY COMMUNICATE,” FEREDO SHARES. “JUST ASK HER HOW MUCH PRESSURE SHE PREFERS BEFORE AND DURING THE MASSAGE.”

person. You both get to enjoy the view, and nobody is dominating the other. *Vive l’égalité!*

Difficulty level: ★★★★★

Upper-body strength, dude. You might be lifting your hips a bit, so you’re going to be supporting a lot of your weight on your arms. ■



A close-up, high-contrast photograph of a gorilla's face. The gorilla's skin is dark and heavily textured with deep wrinkles and fine hairs. Its eyes are partially closed, and the right eye is illuminated from within, giving it a bright orange-red, fiery appearance. The lighting is dramatic, highlighting the textures of the skin and the intensity of the eye.

GOT GRIT?



**Who's the
king of the
beasts? The
one with best
DNA? No—it's
the one who
sets goals and
pursues them.
Relentlessly**

●
By
Laurence Roy Stains

Additional
Reporting by
Enrico Miguel
T. Subido

●
Photographs by
Tim Flach

●
Page 59



EYE OF THE TIGER?

Keep your vision long-range:

The only prey worth stalking

requires a lifetime pursuit.

J

Jimmy Alapag came close to giving up once. As a student and varsity basketball player at Upland High School in California, he struggled to get playing time. It wasn't because he sucked. And it definitely wasn't because he wasn't doing the work. Diligent at practice, busy in the weight room, involved in summer training programs, Alapag was no slouch. The problem was, he was undersized. Standing 5'1" and weighing roughly 100 pounds, he was easily overshadowed by his bigger, more athletic teammates.

"GRITIER PEOPLE TURN OUT TO BE MORE SUCCESSFUL THAN OTHERS, PARTICULARLY IN VERY CHALLENGING SITUATIONS"

One fateful day back when he was a high-school sophomore, Alapag figured it was time to give up on the dream. "I factored everything in: My own disappointment, [the frustration of] my family because they saw how much effort and work I was putting in," he remembers. "When you're 15 years old, you want to be out there playing; your friends are coming out to the game, your family is there to watch, you want to show them something. You don't want to ride the bench."

He left his house early for school, all of his basketball equipment stashed in his gym bag. He arrived well before class, as was his daily habit—only this time, he wasn't going to lace up his shoes, stretch, and knock in a few jumpers before homeroom. He entered his coach's office, set his gear down on the elder man's table, and uttered the two words he had rehearsed in his mind all morning: "I quit."

The two had a long, heartfelt conversation in which Alapag told his coach how he felt and why he was quitting. His coach's message was clear: He didn't want Alapag to commit the biggest mistake of his life. Alapag recalls: "One thing he said that I'll never forget: I've coached a lot of kids in my life, and I know you're not a quitter. I want you to stick this out. I can't guarantee anything, but I promise: All the work you're putting in is gonna pay off."

Moved by these words, Alapag worked harder. In just two years, he was the starting point guard on a team that clinched the league championship. He became an all-league, all-city player and a multi-awarded college player for California State University in San Bernardino, before making the jump to the Philippine National Team and then the Philippine Basketball Association. "I realized at a young age that you're gonna have obstacles in life," he declares. "But you can't quit. I don't even know what quitting is anymore after having that experience in high school."

+ + +

WHAT IS GRIT? AND HOW CAN YOU BE AS GRITTY AS THE PBA'S 2011 MVP?

Grit is an authentically American concept—a slang word dating back to the 1800s. If you have grit, you have the toughness of *Die Hard*'s John McClane, armed with the intestinal fortitude and razor-sharp focus to blast through the most formidable odds. Your bravery and resourcefulness are the reasons you lead a team and see a goal through. You're persistent and unfazed by momentary setbacks. In a world of whiners and quitters, you are the one who always gets the job done.

Grit is not to be confused with talent. In fact, grit is what you're left with when you *don't* have talent. It's the great equalizer. Whatever your gift or aptitude or advantage, grit is the stuff that will help you make full use of it. Grit turns potential into accomplishment. When you look back, grit will be

what led you to fulfill your "early promise." You achieve your goals—even if nobody understands that you will be a PBA Hall of Fame inductee someday.

Here's the key question: How many times have you regretted not sticking with something, not hanging in there until your efforts bore fruit? And its flip side: How many times have you regretted sticking with something for far too long, throwing time and money into a bad bet? Most men will say that their regrets are piled up on the side of quitting too soon. If you're still young and don't feel that yet, you will—unless you score well on the "grit test."

+ + +

SOMETHING BEYOND IQ—THAT'S WHAT INSPIRED

Angela Duckworth to begin testing for grit. A research psychologist, she got her Ph.D. at the University of Pennsylvania, where she studied under Martin E.P. Seligman, Ph.D., founder of the positive psychology movement. She joined a group of researchers who were exploring the character traits that abound in happy, productive, mentally healthy people. In a 2007 paper, she noted that intelligence was the best-documented predictor of achievement, but then asked, "Why do some individuals accomplish more than others of equal intelligence?" Her conclusion: They possess more grit.

She came by that conclusion after surveying 1,218 freshman cadets who entered West Point in July 2004. Upon arrival, the cadets were given a brief questionnaire that asked for their reactions to statements like, "I often set a goal, but later choose to pursue a different one." It's the same questionnaire Jimmy Alapag is gamely answering right now. Psychologists call it a "self-report measure" (it's a personality quiz to you and me). Duckworth and her colleagues had devised it to assess grit (or, more accurately, a person's perception of his or her own grit), which they defined as "perseverance and passion for long-term goals." Take the test yourself: See upenn.app.box.com/12itemgrit.

But back to West Point: About one in 20 cadets drop out during the first grueling summer, known as "Beast Barracks." Notably, the cadets who'd done well on Duckworth's Grit Scale were disproportionately not among them. Cadets with higher-than-average scores were over 60 percent more likely to complete the summer than cadets who didn't score as well. Duckworth repeated the experiment on 1,308 members of the entering class of 2010; again, their grit scores helped predict their retention.

Duckworth also gave the Grit Scale test to 138 of her own undergrads. Those who scored high in grit did better academically than their peers, even though the researchers noted a connection between higher grit scores and lower SAT scores. "Among relatively intelligent individuals," Duckworth observed, "those who are less bright than their peers compensate by working harder and with more determination."

Jimmy Alapag's 3 Toughest Life Situations



1

HIS DAD GETTING CANCER ALMOST THREE YEARS AGO

"My dad is a very important part of my life, as is my whole family. That was the first time dealing with something that serious when it came to my immediate family. That was tough. But my dad is a symbol of strength, will, and determination. Fast-forward two-and-a-half years later and his cancer is in remission. He's healthy and living strong."

2

COMING TO MANILA

"It was a whirlwind, everything. From my first experience in 2002, to not getting into the draft, still making the National Team, waiting four months to finally play, playing my first game, getting hurt in the first five minutes—it was different, really a tough time."

3

PREPARING FOR FIBA ASIA IN 2013

"[What was tough was] just understanding the magnitude of what it meant for Philippine basketball, and what it meant for our country to take advantage of the chance to play here at home in front of our countrymen who enjoy the game of basketball. [It was equally challenging] just to really lock in and focus and understand the responsibility and the type of effort it would take from the entire team to get the job done."

GOT GRIT?

Unlock Your Inner Grit

Take it from renowned Filipino sports psychologist Marissa Guinto-Adviento, Ph.D.: everyone has it. The championship mindset is learnable and trainable," she says. "It's really about waking up that part in you. What you don't have doesn't matter—making something out of what you already have is more important, and what really counts."

JIMMY'S GOT GRIT

How did Jimmy Alapag score on the Grit Scale?



Noted Filipino sports psychologist Marissa Guinto-Adviento, Ph.D., also attributes grittiness to success in sports. “At a high level of competition, all physical training is more or less the same,” she explains. “Bodies are already almost the same. It’s really the mind that will be the edge. The mental skill that the athletes have is the one that will bring them all the way to the championship.”

So what’s the bottom line? True grit is a real thing, not just a nostalgic old-school ideal, and people who have more of it go farther in this world. In an interview last year, Duckworth said, “Grit predicts success. Grit is not the only determinant of success; opportunity and talent matter, too. But on the average, grittier people turn out to be more successful than others, particularly in very challenging situations.”

+ + +

ALTHOUGH GRITTY RESEARCH IS A LONG WAY from reaching conclusions, the early wisdom is tilting toward these avenues of advice:

SET A GOAL Goal setting is second nature to gritty people; they make plans to accomplish what is most important to them. And they don’t obsess over the difficulty; if anything, they underplay the work involved, and begin their pursuit without fuss or delay. Another study of West Point cadets suggests that you’ll be more successful in reaching your goal—say, learning to play the guitar—if your motives are primarily internal (“...because I like rock music”) rather than a means to an end (“...because I want chicks to dig me”).

PRACTICE, PRACTICE, PRACTICE That’s the message of ongoing research out of Duckworth’s lab. “Students think talent is all that matters,” one of her students notes. “You rarely see other people practice, but nearly all famous people say that practice is what led to their success.”

What K. Anders Ericsson, Ph.D., of Florida State University calls “deliberate practice” is not play or performance time, but rather activities designed to improve specific aspects of performance. It means working on your weaknesses, working that sweet

spot at the edge of your abilities. It involves frustration, concentration, repetition, and expert feedback. In other words, it’s exactly like Jimmy Alapag’s high-school experience.

LEARN TO BE OPTIMISTIC Gritty people are optimistic people. When an optimistic guy suffers a setback, he sees it as temporary and limited in scope. He automatically thinks that with just a bit more effort, he can get over the hump. He blames factors outside himself. A pessimist, on the other hand, attributes bad events to big, overpowering causes that have now ruined everything forever and ever. He “catastrophizes.” And whether it’s his own fault or not, he tends to blame himself.

EXPECT DIFFICULTY We always want to believe that positive thinking alone will carry us to our goal. Cheeseball #instaquotes like, “Dream it, believe it, achieve it!” are exactly the wrong sort of motivation for children and adults alike.

“Wishful thinking is, alas, exactly that,” concludes a recent Duckworth study of 77 fifth-graders at an urban middle school. The “positive thinking” approach was tested against a more nuanced program in which children were prodded to consider obstacles that would stand in their way, and then to make a plan to circumvent those obstacles. Those children went on to improve their grades, attendance, and conduct significantly more than the children who were encouraged to indulge in best-outcome fantasies. In other studies, empty positivity has been shown to produce only greater distress, dissatisfaction, and dysfunction.

DON’T BECOME DISTRACTED We live in what Internet entrepreneur Joe Kraus has called a “culture of distraction.” In the Philippines alone, around 400 million text messages are sent a day. That doesn’t leave much focus for honing your jump shot.

In a Duckworth Lab study of more than 1,300 seniors in urban high schools across the US, students sat in front of a computer and were given the choice between solving incredibly boring math problems displayed on the left side of the screen, or

Grit: Greatest Hits

The people, things, places, and stories that epitomize perseverance



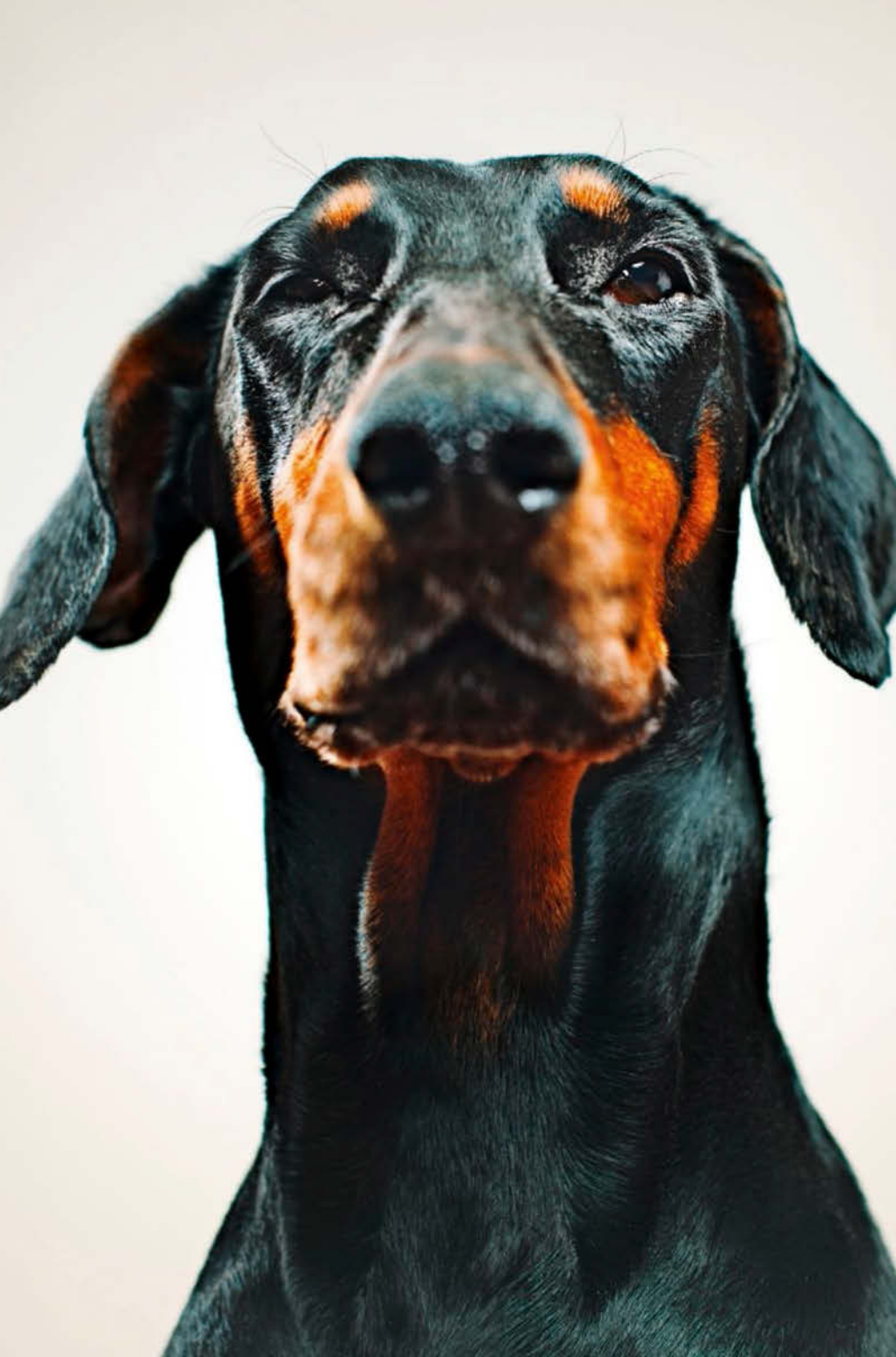
HOOPS GOD
MICHAEL JORDAN
Remember “The Flu Game?” Jordan, on a bum stomach, heroically scored 38 points as the Chicago Bulls beat the Utah Jazz on their home floor in Game 5 of the 1997 NBA Finals.



PEOPLE’S COACH
ROBERT JAWORSKI
In Game 4 of the 1986 Finals showdown against Manila Beer, the basketball legend played the entire game that went into double overtime, leading his team to a win. He was *just* 40 years old at the time.



MULTI-HYPHENATE
MANNY PACQUIAO
He may be a man of many interests, but what’s undeniable is that we love him most for the legendary sportsman he is. And by that, we mean the version of him that wears boxing gloves.



GRIT IS A REAL THING, NOT JUST AN OLD-SCHOOL IDEAL, AND PEOPLE WHO HAVE MORE OF IT GO FARTHER.

watching entertaining videos or playing games displayed on the right side. As it turned out, those students who were most dedicated to completing the boring tasks were 67 percent more likely to be enrolled in college a year later.

+ + +

ALAPAG SCORED A 4.6 OUT OF 5 on the 12-item Grit Scale, in which a 5 would classify the examinee as being “extremely gritty.” No surprise there. In fact, it was the only result we were expecting him to get, considering what he’s been through in his storied 13-year career. Uprooting himself from the US and moving to the Philippines by himself on what was, essentially, a promise to play; learning how to stretch a very meager meal allowance issued by the Philippine National Team; bunking with another player because he couldn’t yet afford his own place; being picked a sketchy 10th in the 2003 PBA draft; dealing with an injury on his first professional game—all of these have defined the “Mighty Mouse” as we know him today.

Now officially in the twilight of his playing days, Alapag wishes that, someday, young ball players will look at his career as proof that if you do the work, and more, you can achieve great things. “I hope that they can look at me and see that it can be done,” he says.

About to embark on a new chapter in his professional career, Alapag knows he is going to face a completely new set of challenges. But he’s taking the lessons he has learned along the way. His foundation, formed around level-headedness and perseverance, will see him through. “Now, at 36, I feel like I don’t know how to not work hard,” he comments. “Nothing’s ever been easy. There have always been—and there’ll always be—obstacles.” Alapag is going to have to dig deep once again into his reserve of grit. And undoubtedly, he still has lots left. ■



RESILIENT
TACLOBAN CITY,
LEYTE

The place was decimated in 2013 during Typhoon Yolanda/Haiyan. Despite experiencing political inefficiencies, the people are headstrong and determined to get back on their feet.



HERO
JOSE RIZAL

He wanted to get the word out on the injustice in the Philippines—and was executed for it. Now his novels are a required reading in Filipino schools.



COMEDY GENIUS
DOLPHY

Selling peanuts and *butong pakwan* at the cinema as a young boy allowed him to dream. He is now regarded as the King of Philippine Comedy.



CONDIMENT
TOYO-MANSI NA
MAY SILI

Soy sauce, calamansi, crushed local chili. Classic, perfect. An enduring standard in every Pinoy household.



PEACE ADVOCATE
MALALA YOUSAFZAI

Not even an assassin’s bullet could silence this Nobel Peace Prize Laureate. She continues to be an advocate for human rights and female education. She’s 17.



CARNIVORE
HONEY BADGERS

They’re the most fearless creatures in the world, according to the *Guinness Book of World Records*. Venomous snakes, stinging bees, and other aggressive predators have no match against their spunk.



01

We've come a long way from sticks, stones, and carved-up bones. Regardless, today's modern tools continue to tell our story—and the future we are all headed for—one body part at a time

Men'sHealth

TECH GUIDE //

By ENRICO MIGUEL T. SUBIDO
Photographs by DAIRY DARILAG
Grooming by VIDA NON-JAUCIAN
Model: DANIEL BRADBURY of
Mercator Artist and Model Management

P. 64



RUDY PROJECT WING57
(P18,950, available at all Rudy Project outlets nationwide)

► **More Aerodynamic, Less Fatigue**

The Wing57 screams innovation. With a patented "Dorsal Ridge" that diverts airflow, a short-tailed design, and a removable magnetic tail to adjust to your riding position, it's designed to reduce resistance to forward motion, allowing you to go faster with lower energy consumption.

It was a momentous day in the Paleolithic era when man realized he could make life easier by picking up a rock and hammering stuff with it. As the evolved version of the species, we may scoff at the simplicity of this act, but it opened the floodgates of innovation. One day, we're sharpening hand tools and fastening them to pointy sticks; the next, we're creating wrist-worn devices that tell time, count traveled kilometers, measure heart rate, and triangulate exact location. It's fairly certain the next chapter of our evolution will ensure up-to-the-second connectivity between man and the things he creates. In fact, it's already happening. Get ready for a total body experience, gentlemen.

CRANIUM

It's only natural that our ancestors figured out the importance of head protection. Headgear from animal hide prevented frostbite from claiming an ear or a nose. Later on, helmets ensured that damage couldn't be inflicted by a sword or a battle axe. Most of our body's primary sensors—as well as the brain that houses both our consciousness and subconscious—can be found in and around the head. Modern advancements in headgear, though, are concerned with more than just protection. They have to make you move faster, see clearer, sense things sharper, and look cooler.



02

TYR SPECIAL OPS 2.0

(P1,179, available at all RUNNR branches and select Toby's stores)

► Fish Eyes

Polarized, anti-fog lenses ensure that each underwater stroke is done in crystal clarity. Also featuring mirrored glass, this goggle reduces water glare on sunny days. The item's silicone gasket also affords a snug and comfortable fit with no leakage.

TYR WALL-BREAKER

(P799, available at all RUNNR branches and select Toby's stores)

► Water Slick

Created from 100-percent silicone, the Wall-Breaker gives you slick competition experience. Multi-thickness panels on the cap create balance between tension and stretching, while a trimmed ear section sheds weight and promotes greater hearing.

03



04

S-WORKS + MCLAREN TT

(P12,500 est., available by order from Specialized Concept Store Philippines)

► Got Gills

Vertically aligned vents on the sides of the Specialized TT are linked to the tail's exhaust port, guaranteeing better ventilation and smoother airflow. This translates to a 0.8-second advantage per kilometer at a speed of 48.3 kilometers per hour compared to not wearing any helmet at all.



PROTECT YOUR NOGGIN

A recent joint report from the University Medical Center Groningen's Department of Orthopaedics in the Netherlands and the University of Pittsburgh Medical Center's Department of Orthopaedic Surgery in the US revealed that 83 percent of tested sample patients who had concussions demonstrated significantly poorer neurocognitive test results relative to their own baseline, pre-concussion performance. In short: Hard bonks to the head are not good.

05

RUDY PROJECT AGON

(P11,950, available at all Rudy Project outlets nationwide)

► Competition in Athletics

That's the definition of the term "Agon" in ancient Greek. Adjustable anti-slip temples and nose pads provide a sure fit on any head. Interchangeable lenses with air vents and RP-D Centered Optics maintain optical quality and visual clarity, effectively minimizing eye fatigue.



TORSO

Evolution has seen to it that our central trunk encases the most vital organs for our survival—the lungs for respiration and the heart for oxygen circulation—inside a protective cage. Many other important organs work together within this compact space, so pinpointing problem areas can be tricky. But developments in X-rays and MRIs are now letting us look into our bodies like never before, and more recent advancements are allowing us to have, literally, a deeper sense of our internal functions in an instant. It's not just about measuring your ticker—it's about tracking every function of your complex body.

01



POLAR H7 TRANSMITTER

(P4,599, available at all RUNNR branches and select Toby's stores)

► Value Added

Providing more than just heart-rate figures, the H7, when paired with the user-friendly Polar Beat mobile app, is able to track location, distance covered, speed, and calories burned. It's ideal as a stand-alone gadget, but also compatible with other Bluetooth devices.

POLAR RCX5 + G5 GPS WITH ARM STRAP + H2 TRANSMITTER BUNDLE PACK

(P22,495, available at all RUNNR branches and select Toby's stores)

► Beats Underwater

The RCX5 is most notable for its underwater heart-rate monitoring capabilities—a feature not all heart-rate monitors have. Its slim design and user-friendly interface also shine. And it's an even more excellent deal thanks to all the extras that come bundled with it.

02



POLAR M400

(Price TBA, for release in January 2015, available at all RUNNR branches and select Toby's stores)

► Never Get Lost

Always know your location with the M400's GPS capability, and stay on top of your fitness game with its various activity-tracking functions. Runners will enjoy its Running Estimator option, which estimates how long a particular run will take based on the user's pace.

03



GARMIN FORERUNNER 920XT + HRM RUN

(P31,950, available at www.garmincenter.com/dealers)

► Wrist Coach

"Training Calendar" allows you to download training plans and scheduled workouts from Garmin Connect straight into the watch. Choose from different swimming, biking, or running plans, and assign specific days to each for more efficient training.

04



05

GOPRO HERO 4 WITH GOPRO CHESTY

(GoPro Hero 4 Price TBA.
Chesty PHP 1,920, both
available at Dan's
www.dans.ph)

► A Different Angle

Record the action from yet another exciting angle with this popular action camera and its reliable chest mount and strap. Opt to get the protective outer case to make it a really rugged, outdoor gadget and chronicle all your adventures off the beaten track.

USE OIL, UNLOCK VITAMINS

"Cooking oil can actually help some of the vitamins in vegetables be better absorbed by the body," says author, TV personality, foodie, and registered dietician Carolyn O'Neil. "Fat-soluble vitamins such as vitamins A, E, and K are found in many vegetables." Go for canola or olive oil, which are both rich in heart-healthy monounsaturated fats. Just don't overdo it. Remember, every tablespoon of oil—heart-healthy or not—contains about 100 calories.

01

SAMSUNG GEAR 2

(P13,490, available at all authorized Samsung dealers nationwide)

► All-Around Improvements

The new heart-rate monitor gives the Gear 2 a fitness value proposition, while an integrated IR blaster makes it a very expensive (and cool) remote control for your TV. The slightly curved form also adds major style points.

KEEP YOUR FINGERS OUT OF YOUR MOUTH

Heed your mom's wise words. When asked what the biggest factor is in the spread of many illnesses, Philadelphia Department of Public Health infection-control specialist Loretta H. Brown says: "Your fingers are the 10 most dangerous things there are in transmitting infection." A million bacteria can potentially fit on the point of a needle—what more at the tips of your fingers? Wash those hands, gentlemen.

WRIST

An adjunct of those manipulative limbs we call our arms, our wrists have evolved to have greater functionality. Watches are a fairly recent innovation, and have granted our wrists an additional function. And while mechanical timepieces will never lose their charm, man's natural penchant for innovation has resulted in the creation of a device that doesn't just tell time. Everything has to have more than one purpose nowadays, and this definitely applies to modern wearables. Synched with today's smartphones, these little gadgets represent some of the newest tech now accessible to all of us. As watches, they obviously work well, but they're also multipurpose gadgets that can serve as fitness monitors, calendars, and digital notification devices.



03



MISFIT SHINE

(P6,850, available at Power Mac Center stores nationwide)

► Keep on Moving

Physical movement is the basis of fitness, and the Shine intends to motivate you to keep moving. Paired with a smartphone, it lets you to set goals through a downloadable app, then tracks progress and makes sure your objectives are met.

02

MOTOROLA MOTO 360

(P16,500, available at www.widgetcity.com.ph)

► That's a Smartwatch?

Yes, it is, but fortunately, it doesn't look like one. The round dial and bezel are refreshing in a sea of squares and rectangles. The stock leather strap is snazzy, too. Oh, and it gets its juice via the very cool Qi proprietary wireless charging stand.

04



SAMSUNG GEAR FIT

(P8,990, available at all authorized Samsung dealers nationwide)

► It's Got You Covered

The large (for what it is) and clear display is a game-changer for the fitness-band segment. As for what it can do, the Gear Fit is like a combination of previous Samsung smartwatch efforts—with a lot of fitness-tracking options thrown into the mix.

05



SONY SMARTWATCH 2 FIFA EDITION

(P7,800, available at www.widgetcity.com.ph)

► Football Spirit on Your Wrist

The World Cup is over, but the spirit of Brazil lives on in this FIFA edition of the Sony SmartWatch 2. The ultra-responsive touch display makes it a joy to use.

06



JAWBONE UP24

(P8,590, available at Apple premium resellers including PowerMac Center and iStore)

► Creating Balance

Track everything you do—sleeping, eating, training, walking, even drinking water—and discover your own body. Customize goals with the UP24's system and have a deeper insight on what it means to live a balanced lifestyle.

FOOT

It's no longer feasible to walk and run around barefoot, no matter what the barefoot (or minimalist) running advocates say. The most versatile invention for covering our precious feet is the running shoe. The latest models have evolved far from the conventional pair your *lolo* used to rock as he jogged along the Anonas Amphitheater. They're tough enough to withstand the forces, whether internal or external, that we apply to them—be it during casual walks, intense intervals, or grueling marathons. They're snazzy enough to give our #ootd a sporty signature, too. MH road-tests these winners, so you can digest the notes and see what works for you.



FINDING THE PERFECT PAIR

BY MARIE CALICA SCHILLER,
FORMER EDITOR-IN-CHIEF OF
RUNNER'S WORLD PHILIPPINES

When I started running in the '90s, the most challenging thing for me was finding the right shoes. Back then, there were no specialty running shops—just department stores with limited stocks, where salespeople asked not about pronation, just size.

These days, the running-shoe store is a science lab. Before buying a pair, you can step on an in-store treadmill, record your feet in motion, check your running gait, and play it all back before making a decision. And you can do it all again as you test-run several pairs of shoes. Depending on your foot type, budget, running goals, or even fashion taste, you'll walk out the store with the perfect pair for you.

Over the years, running shoes have gone through many makeovers: slim and straightforward in the '20s; thick and ultra-cushioned in the '70s; stripped down in early 2004; and designed for maximum support and all-out comfort only five years later. Finding your feet's running "solemate" now is like finding Ms. Right. Compare and contrast several pairs. Get to know the latest models out there, but don't be afraid to try last season's selection. You might find a diamond in the outdated rough.

Whatever the model, shoe brands tell us they can make us run faster, feel steadier, and look cooler. They promise easy freedom from the bondage of a sedentary lifestyle. But it's not an instant effect soon as you lace up your runners. Putting on the shoes that made Dennis Kimetto win races won't make you stronger, better, or faster. But putting the time and effort into training, running the kilometers, eating right, and resting sufficiently will.

NIKE AIR ZOOM STRUCTURE 18

P6,095, available at Nike stores nationwide

Theory of Running Evolution:

Stable doesn't mean slow with the Air Zoom Structure 18, which has shaved off a few more ounces to become even lighter. The Flywire technology applied to the upper and the triple-density Dynamic Support system in the midsole promises increased stability and responsiveness.

The Rundown: Even when running long distances, the Air Zoom Structure 18 delivers on the promise of a stable ride. The break-in phase took time, but after hitting that 20th kilometer, it felt like they molded themselves around my foot. The classic Nike Air Zoom cushioning technology didn't disappoint on days when I felt like doing sprints.

Rating: ★★★★★

—ARLO VICENCIO

SAUCONY KINVARA 5

P4,995, available at Saucony and major SM stores nationwide

Theory of Running Evolution:

K5's midsole/outsole platform is now fortified with an EVA+ material that prevents abrasion. Its outsole also comes with strategically placed pieces made of iBR+ rubber that ensure durability and provide additional cushioning.

The Rundown: For some reason, the thought of mutant and Days of Future Past scene-stealer Quicksilver came to mind the first time I took my pair for a spin. In the interest of full disclosure, let me say that *quick* isn't something one would use to describe the way I run. But with the able protection of my flexible and roomy K5s, I surprisingly managed to run above my usual Pong Pagong pace throughout my entire 40-minute jog—and I achieved this without experiencing major pain in my arches, big toes, heels, and knees.

Rating: ★★★★★

—ALLAN A. MADRILEJOS

ADIDAS ENERGY BOOST 2.0

P7,995, available at Adidas stores nationwide

Theory of Running Evolution:

An elegant stretch mesh upper hugs the shape of your foot and allows for added ventilation to keep your feet cooler during runs. The new midsole material offers better cushioning than traditional foams, and is resistant to temperature changes.

The Rundown: Even if these are slightly heavier than my usual minimalist shoes, they're still responsive. The support technologies in the Energy Boost eliminate unwanted tension, so I felt the push to run more. The flexible Torsion System effortlessly adapts to any surface and remains stable through every stride. This is a pair built for the long run.

Rating: ★★★★★

—GLEN CONCIO

NEWTON MEN'S DISTANCE S III

P7,995, available at RUNNR outlets nationwide

Theory of Running Evolution:

The Distance S III offers a lightweight performance feel on a P.O.P. 1 platform, so you get speed without skimping on stability. The Extended Medial Bridge (EMB) on its midsole provides additional support for those who are flat-footed or overpronating.

The Rundown: As someone with flat, wide feet, I was surprised at how comfortable and light the shoe felt on my foot. My first few strides felt odd because of the EMB, but I noticed that it added more bounce to my step. The Distance S III provided enough cushion for my foot while still giving me a good feel of the pavement or track.

Rating: ★★★★★

—GABRIEL A. PANGALANGAN

05

**NEW BALANCE
FRESH FOAM
980 TRAIL**

**\$120, available at New
Balance and select Planet
Sports stores nationwide**

Theory of Running Evolution:

The patented Fresh Foam sole makes each stride plush and comfortable. Multidirectional outsole lugs easily conform to various surfaces, providing superb under-step security.

The Rundown: These 980s made living with each split-second adjustment on the trail—finding the best uphill line, clearing a cavity in the earth, and making lateral cuts to steer away from roots—a soft and responsive delight. Don't let the thick sole mislead you: Feedback is quick, and you won't feel disconnected from the ground.

Rating: ★★★★★

—ENRICO MIGUEL T. SUBIDO



FOOT



06

REEBOK ZQUICK ELECTRIFY

P4,995, available at Reebok and Royal Sporting House stores

Theory of Running Evolution: Reebok's NanoWeb Tech gives locked-in support for protection, without compromising flexibility and breathability. The Z-rated midsole geometry ups the traction with outer-sole grooves that conform to uneven terrain.

The Rundown: Even though it rained before I ran, the shoes really made maximum ground contact with good traction even on wet pavement. They sure are flexible and stable, providing excellent ventilation to my tired feet. This is a shoe I can use for longer distances, without having to worry about injuries to my feet.

Rating: ★★★★★

—ARNEL LAIGO



07

SKECHERS GORUN 3

P4,395, available at Skechers stores nationwide

Theory of Running Evolution: Built with lightweight Resalyte cushioning, GOimpulse sensors, and a curved bottom sole, the GORun3 aims to minimize stride impact while providing responsive support.

The Rundown: The curved bottom sole felt weird at first, but it sure is comfy. The design really forces you to land more on the mid-foot. The roomy forefoot is great because I'm able to spread my toes for better grip. While the GORun 3's uppers are breathable, the material doesn't seem sturdy enough for long runs. Or maybe I just need to get my ass off from the couch and run more with them.

Rating: ★★★★★

—WAYNE JOSEPH TULIO



08

SKORA FIT

P5,995, available at RUNNR outlets nationwide

Theory of Running Evolution:

A zero-drop shoe, the Fit promises minimal cushioning but maximal ground feel. Design-wise, it features a seamless piece of stretch airmesh that gives the shoe depth, structure, and a really cool tactile design.

The Rundown: Skora's stretch airmesh technology is very comfortable, controlled, and flexible. It works perfectly for speed junkies, because your foot strike flows smoothly. My only concern is the stability of the shoe's cushioning. I don't feel confident taking this out for distances longer than 10K.

Rating: ★★★★★

—MARC YAZON



09

UNDER ARMOUR SPEEDFORM APOLLO

P6,495, available at Under Armour in Bonifacio High Street and SM Megamall

Theory of Running Evolution: Welded to a cushioned sole, the shoe rocks an upper made of two pieces of fabric that mold around your feet. The seamless heel cup, seams without ridges or stitches, and roomy toe box provide a comfortable, snug fit.

The Rundown: It looks minimal and modern, and feels extremely lightweight and comfortable. The upper perforations and mesh tongue allowed my feet to breathe and stay cool. The seamless heel cup, the absence of a removable insole, and the lacing system kept my feet in place. Although there was cushioning, it lacked arch support, making this shoe more ideal for shorter runs.

Rating: ★★★★★

—AMADOR R. MADAMBA



10

BROOKS GHOST 7

P5,495, available at RUNNR outlets nationwide

Theory of Running Evolution: The midsole is made of a single piece of BioMoGo, a molded, fully biodegradable polymer that's soft and adaptable. The Ghost line's distinctive horseshoe-shaped crash pad also minimizes impact.

The Rundown: As a savage overpronator used to minimalist kicks, I was slightly skeptical of the Ghost 7, a neutral running shoe with the cushioning of the Marshmallow Man. It proved me wrong right away—my feet pounded pavement cradled in pure bliss, and I could actually feel a bouncy spring in my stride. The glossy looks ensured I kept it on my *pam-porma* repertoire, too.

Rating: ★★★★★

—LIO S. MANGUBAT



SOCK N' ROLLA

It's not just the running shoe that has received technological and aesthetic upgrades. Improve your performance and look with these matching socks

1 SAUCONY KINVARA

P745, available at Saucony, Glorietta 3, Makati

Comfort is a given when it comes to foot-gloves, but this pair offers more: RunDry Ultra wicking yarns for breathability and moisture control on your foot's hot spots.

2 VAMOS SOCKS

P395, available at Secondwind Running Stores in Quezon City, Pasig, and San Juan

Designed and tested by athletes, Vamos socks are guaranteed to take the brunt of your runs and still be in good condition for a year. The funky designs are a bonus.

OVERWEIGHT? HAVE MERCY ON YOUR DOGS

According to Stuart D. Miller, MD, of the American Orthopaedic Foot and Ankle Society: "It is important for the public to know that obesity isn't just an aesthetic issue, but a contributing cause of musculoskeletal health problems, specifically with the feet and ankles."

A strong **body** for Every **AGE**

Know what to watch out for to keep your body healthy.

20 - 30's

Everyone's at the peak of their health. Sexual activities may cause different reproductive-related illnesses.

RESPIRATORY INFECTIONS AND TUBERCULOSIS

Respiratory infections and tuberculosis are the top leading infectious diseases in our country.



YOUR MOVE:

Avail of the flu and pneumonia vaccinations, especially if you interact with a lot of people.

STD'S AND HPV

Most sexually active men with multiple partners are exposed to the Human Papilloma Virus (HPV) and other sexually transmitted diseases.



YOUR MOVE:

Protect yourself and your partners from these sexually transmitted diseases by practicing safe sex and being monogamous. You may also consider getting vaccinated against HPV.

30 - 40's

Body's metabolism slows down and leads to weight gain. Effects of poor lifestyle and eating habits put you at risk of developing diabetes and hypertension.

TYPE 2 DIABETES



You are at increased risk for type 2 diabetes if you're 35 or older, overweight, do not exercise, and you have a family history of obesity or type 2 diabetes.

YOUR MOVE:

Know your blood sugar status by checking for your fasting blood sugar at least annually and schedule a check-up with your doctor.

HYPERTENSION

A person with a consistent blood pressure reading of 140/90, is considered as hypertensive, while those with blood pressure readings of 120/80 are considered as pre-hypertensive. High cholesterol levels clog up arteries, and cause a lot of complications.



Regular blood pressure monitoring and lipid profile check is necessary to help your doctor assess your cardiovascular status.

YOUR MOVE:

50+

Your body naturally weakens as you age. Hearing and vision may slowly be impaired. Cancers are more likely to show up.

HEART DISEASE AND STROKE

You have a greater chance of developing heart diseases if your family has a history of the disease, and if your blood pressure, cholesterol, and blood sugar levels are out of control.



YOUR MOVE:

An annual Blood Chemistry Test, Chest X-Ray, ECG, 2D-Echo and Treadmill Stress Test are some of the more useful tests used by our doctors to assess our cardiovascular status.

PROSTATE, COLORECTAL AND LIVER CANCER



These types of cancers usually have no symptoms until it is too late.

YOUR MOVE:

Have a whole abdominal ultrasound and PSA test done once a year, and get a colonoscopy at least once every 5 years. Have your stool checked for occult blood too, especially if you notice any changes in your stool.

It pays to get checked

Hi-Precision Diagnostics makes sure you get the best healthcare possible. All specimens are bar-coded and processed in state-of-the-art equipment to ensure accuracy of results. You can also log-in on the internet and check your Cumulative Online Results for more convenience. All these at affordable prices-because Hi-Precision Diagnostics believes that "Everybody Deserves Hi-Quality Healthcare".

SOURCES: Department of Health - www.doh.gov.ph / Oxford Journals - www.ijco.oxfordjournals.org / Centers for Disease Control and Prevention - www.cdc.gov / MD Anderson Cancer Center - www.mdanderson.org

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THE CLOTHES THAT MAKE THE MAN

REFINE

EDITED BY AMADOR R. MADAMBA

happy trip

PREPARE AND PLAN YOUR VACATION PROPERLY SO YOU CAN PACK SMART. A MORE ENJOYABLE AND MEMORABLE JOURNEY STARTS HERE

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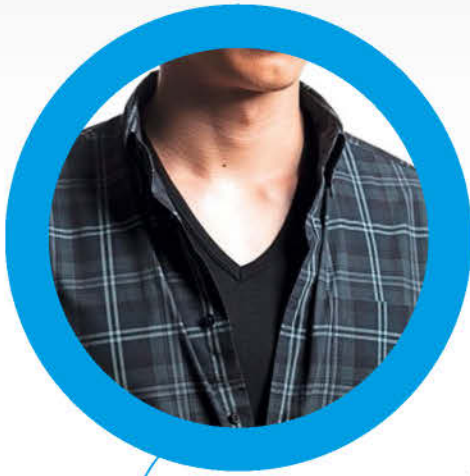


MUST HAVE:

LIGHTWEIGHT CLOTHES AND SHOES

The water repellent parka is ultra light, soft, and will keep you warm when it gets cold. Plus you can store it in an included pouch for portability. The Geox Amphibiox boots are lightweight, waterproof, breathable, and the side zip makes them easy for you to put on and take off during airport security checks.

Black checkered cotton EFC broadcloth long sleeve shirt, P1,290, gray stretch slim fit tapered jeans, P1,490, light gray ultra light down parka, P3,990, and navy and gray stretch mesh reversible belt, P990, **Uniqlo**, **SM Mega Fashion Hall**, **SM Mall of Asia**, and **SM City North Edsa**. Amphibiox black leather Chester side zip boots, P12,325, **Geox**, **Glorietta 3**, **Bonifacio High Street**, and **Shangri-La Plaza**. Firelite Spinner 55/20 deep blue carry-on luggage, P24,650, **Samsonite**, **Greenbelt 5**, **The Podium**, and **SM Mall of Asia**.

**MUST HAVE:****PROPER UNDERGARMENTS**

Wear the appropriate innerwear for the countries you plan to visit. For cold climates, wear

Uniqlo's HEATTECH line that generates and retains heat to keep you warm. For hot and humid climates, wear Uniqlo's AIRism undershirts designed to keep you cool and dry. Anti-microbial and anti-odor properties also keep you fresh.

Black HEATTECH V-neck long sleeve T-shirt, P790, or black polyester spandex AIRism mesh V-neck sleeveless top, P590, **Uniqlo**, **SM Mega Fashion Hall**, **SM Mall of Asia**, and **SM City North Edsa**.

**MUST HAVE:****VERSATILE CLOTHES**

Clothes in neutral colors like shades of gray and black can be easily mixed and matched with each other. By just changing the parka to a wool blended jersey jacket, it instantly changes your look from casual to dressy. Dark colors also make dirt and wrinkles less visible to minimize washing and ironing.

Black checkered EFC broadcloth long sleeve shirt, P1,290, gray stretch slim fit tapered jeans, P1,490, gray wool blended jersey jacket, P2,990, and navy and gray stretch mesh reversible belt, P990, **Uniqlo**, **SM Mega Fashion Hall**, **SM Mall of Asia**, and **SM City North Edsa**.



MUST HAVE:

LOW MAINTENANCE CLOTHES

The pique polo shirt uses fiber technology that dries quickly and easily absorbs and dries perspiration to keep you feeling dry and fresh. The Easy Care premium cotton shirt is tailored to keep its shape and stay wrinkle free. The lightweight jacket is comfortable, refined, and wrinkle- and dirt-resistant. Jeans with stretch denim prevent wrinkles and provides you with a comfortable fit and ease of movement.

Light blue cotton Easy Care slim fit long sleeve shirt, P1,490, beige stretch slim fit tapered jeans, P1,490, navy light comfort jacket, P3,490, and navy and gray stretch mesh reversible belt, P990, **Uniqlo, SM Mega Fashion Hall, SM Mall of Asia, and SM City North Edsa.**

White dry pique short sleeve polo shirt, P990, beige stretch slim fit tapered jeans, P1,490, and navy light comfort jacket, P3,490, **Uniqlo, SM Mega Fashion Hall, SM Mall of Asia, and SM City North Edsa.**



MUST HAVE:

LUGGAGE ORGANIZER

Make packing for any trip a breeze with an innovative bag system that compartmentalizes your luggage to minimize clutter and maximize space. Place your items in their respective zip bags with clear labels for easy identification.

Red F1 Spacepak clothes, shoe, and mini toiletry set, P4,990, **Flight 001**, **Shangri-la Plaza** and **Bonifacio High Street Central**. Firelite Spinner 55/20 deep blue carry-on luggage, P24,650, **Samsonite**, **Greenbelt 5**, **The Podium**, and **SM Mall of Asia**.



MUST HAVE:

COMFORTABLE SHOES

Traveling entails a lot of walking so make sure you bring comfortable shoes in brown and black that will suit most of your clothes. Geox shoes have perforated soles with a breathable and waterproof membrane that allows your feet to breathe, and stay cool and dry all day. Wearing fun and bold printed socks is a quick and easy way to add some character to your versatile travel wear.

Brown leather and suede Smart sneakers, P6,475, **Geox**, **Glorietta 3**, **Bonifacio High Street**, and **Shangri-La Plaza**. Black dinosaur print cotton socks, P199.75, **Iconic Statement Socks** at **The SM Store**, **SM Mall of Asia**, **SM Megamall**, and **SM City North Edsa**.





MUST HAVE:

RELIABLE BAGS

Invest in feature-rich, versatile, and durable bags that are designed for your comfort and to organize and secure your personal belongings.

Tactic charcoal and orange backpack with a fully padded laptop sleeve, a dedicated tablet pocket, and suspension strap system, P2,690, **High Sierra** available at **leading department stores**.

Gray Anti-Theft Classic sling bag with locking compartments, slash- and cut-proof construction, RFID blocking card and passport slots, and water bottle mesh pocket, P3,390, **Travelon** available at **The SM Store, SM Mall of Asia, SM Megamall, and SM City North Edsa**.



MUST HAVE:

COMFY T-SHIRTS AND JEANS

Choose 100 percent combed cotton and pre-washed T-shirts that feel super soft and comfortable. Look for jeans that are constructed for comfort, strength, and durability. Combine them both for a relaxing day of sightseeing.

Burgundy cotton pocket crew T-shirt, P795, **Thread 365** at **The CommonThread**, **Greenbelt 5** and **Power Plant Mall**. Blue left hand twill super low skinny fit jeans, P1,699.75, **Bobson** at **The SM Store, SM Makati, SM Mall of Asia, and SM Megamall**. Amphibiox black leather Chester side zip boots, P12,325, **Geox, Glorietta 3, Bonifacio High Street, and Shangri-La Plaza**.





MUST HAVE:

POLARIZED SUNGLASSES

Protect your eyes from glare and improve visual clarity and comfort with lightweight, flexible, and durable sunglasses with polarized lenses.

Black Liteforce sunglasses with high-performance thermoplastic frame and gray polarized lenses, P14,990, **Ray-Ban** available at **Eye Society**, **SM Aura Premier**, **Avant Bldg.**, **Jupiter St.**, **Makati City**, and **32nd & 5th Bldg.**, **Bonifacio Global City**. Gray cotton EFC broadcloth long sleeve shirt, P1,290, **Uniqlo**, **SM Mega Fashion Hall**, **SM Mall of Asia**, and **SM City North Edsa**.



MUST HAVE:

DUAL TIME WATCH

This watch is perfect when you travel because, by just rotating the bezel, you automatically adjust a second time to any of the 24 time zones you select.

Passport Swiss quartz analog watch with black dial, 49 mm silver stainless steel case, mineral crystal, 100-meter water resistance, and black ballistic nylon band, P24,500, **Nixon**, **SM Aura Premier** and **Segnatempo**, **Greenbelt 3** and **Shangri-La Plaza**. Blue cotton chambray long sleeve shirt, P1,690, and black cotton sweatpants, price unavailable, **H&M**, **SM Mega Fashion Hall**.





MUST HAVE:

**LIGHTWEIGHT
AND DURABLE
LUGGAGE**

*Whether it's hard or soft,
choose luggage that's
lightweight, strong, and
durable enough to protect
your stuff. Four-wheelers
are more maneuverable on
smooth flat surfaces, while
two-wheelers are more
stable over
uneven surfaces.*

Black cotton zippered hoodie
jacket, P1,690. Light gray linen
U-neck T-shirt and black cotton
sweatpants with diagonal side
zippers, price unavailable. All

H&M, SM Mega Fashion Hall.

Black SpeedForm Apollo
sneakers, P6,495, **Under**

Armour, SM Megamall and
Bonifacio High Street. Firelite

Spinner 69/25 deep blue
medium hard luggage, P31,950,
**Samsonite, Greenbelt 5, The
Podium, and SM Mall of Asia.**



Men'sHealth

How to Do Christmas Better!



ILLUSTRATION BY LUCIANO RAMIREZ

THIS MONTH

SPEAK LIKE A BOSS
WHIP-UP DELICIOUS EGGNOG
FLOURISH IN A MULTINATURAL SETTING
WRAP AN IRREGULARLY SHAPED GIFT
ROCK IT AT THE COMPANY OFFICE PARTY
MIX A KNOCKOUT PUNCH
FIND THE PERFECT JEANS
PERFECT YOUR POKER FACE

Beat the Lechon

FEND OFF TEMPTATION WITH SMART SCIENCE

By Roanne Duran

Staying fit is hard enough. But when you've got parties left and right—around loved ones you can't say no to—it becomes an almost impossible task. It's easy to let your guard down and have that extra serving of paella or become better acquainted with the dessert buffet. Toronto-based consulting psychologist Patrick Ronelle Lorenzo explains: "One reason for eating a lot during the holidays is conformity. If everyone else is devouring food, there's a pressure to go with the rest of the group." It doesn't help, either, that Filipinos are social eaters. "Another factor is culture. It may be a norm in [our] social group to eat a lot [this season]," Lorenzo adds.

Pigging out may be unavoidable, but enjoying the holiday *handaan* shouldn't be a long trip down guilt lane. We've sliced up common unhealthy holiday habits into five chunks—complete with the perfect recipe to curb them. Dig in!



1/ Pre-party starvation

There's the office Christmas buffet tonight, dinner with your girlfriend's folks tomorrow, and your yearly *barkada* reunion on Friday. Your game plan: starve yourself in between *lamon* sessions to make room for more food. This should lessen the calories you consume, right? Wrong!

"The holidays shouldn't be a 'diet-cheating season,' so a crash diet is not advisable. Doing so further starves the cells, and satisfying them would require you to consume twice as much," says nutritionist Katrina Isabel Britanico. It also stresses out your organs, adds Armi Bangsal Lorica, a registered nutritionist-dietician, and former president of the Nutritionist-Dieticians' Association of the Philippines-Pangasinan Chapter.

Lorica recommends eating light meals 3 to 4 hours before the event so you would have just the right appetite by the time you arrive. "It's also best to drink warm water before you start eating. Water makes you feel full and helps in digestion."

2/ Dish-hopping

Admit it: leaving out a dish and not sampling everything is a crime during holiday feasts. How can

you pass and say no to *lola's* classic *kare-kare*? Or your wife's homemade cheesecake?

"People will do more of a behavior if it is followed by a reward. If overeating is often followed by a positive stimulus—like smiles from loved ones, or your mom being pleased that you ate everything she cooked—a person will most likely repeat that behavior," explains Lorenzo.

But here's the deal: you do not have to try out all the dishes served or offered to you. Taking small portions of each dish adds up without you noticing. For the sake of your belly, learn to say no. Stick to a few, healthy dishes. "As soon as you get to the table, fill half of your plate with vegetables," Lorico suggests. Aside from leaving less room for other potentially deadly dishes, this fools your brain into thinking you're already eating a lot.

3/ Lechon-binging

For many of us, any holiday feast isn't legit without that succulent *lechon* on the menu, and in the belly. Britanico explains that while the body does need fat for fat-soluble vitamins, "eating *lechon* is like stuffing yourself with hardened oil."

Still, you don't have to say no to *lechon*

THE USUAL SUSPECTS

The food you should stay away from

1. *Lechon*: 242 cal/100g
2. *Leche Flan*: 228 cal/100g
3. *Fiesta Ham*: 220 cal/100g
4. *Kare-kare*: 448 cal/cup
5. Beer: 163 cal/11oz

Go for the kill—the holiday dishes you can devour without guilt

1. Salad with vinaigrette dressing: 40-80 cal/100grams
2. Grilled Fish: 123 cal/fillet
3. *Kilawin*: 113 cal/cup
4. Fresh Fruits: 60 cal/cup
5. Red Wine: 73 cal/ glass

completely. To enjoy a healthier sampling of the *Noche Buena* staple, simply say no to the fat and the sauce. "Lechon has fat in between the muscles, that makes the meat more palatable," says Lorico. So how do you enjoy that chunk of sin without the guilt? "Scrape off the fat in between the meat."

Lechon sarsa, on the other hand, is made of lard, sugar, and flour—the perfect combo for hypertension and extra pounds. "Instead of the *sarsa*, go for vinegar with *sili*. It neutralizes the fat and cholesterol instead of adding to them."

4/ Going on a drinking spree

Saying no to alcohol during holiday feasts is like going to a virgin white sand beach during summer and not taking a dip. "The drinking spree is unavoidable," says Britanico. "Watching your intake would be helpful." Britanico also suggests sticking to fruit-based liquor like wine, rum, or *lambanog*. Lorico agrees: "*Pwede naman uminom, pero dapat in moderation. Social drinking.*"

5/ Simply put, eating A LOT

There's something in the holiday breeze that really drives people to eat more than they usually do. "Festivities, decorations, singing, and others things related to Christmas can become stimuli that trigger the urge to eat because they've likely occurred together throughout so many years. Thus, encountering such stimuli can trigger the eating urge," explains Lorenzo.

For Lorico, it's all about moderation and going for the healthier alternatives: salad with vinaigrette instead of mayo-based dressing, fruits instead of heavy cakes and pastries.

The holiday season only lasts for a few weeks, but your body, and the extra pounds you put on it will carry on longer than you would like. To survive eating through the holiday season, it's best to set your eyes on the bigger prize. "Visualize your health goal," encourages Lorenzo. "Visualize your ideal physique and state of health. This will help strengthen your resolve to stay on the healthy course."

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FAST FITNESS

No time for the gym today? Build your endurance with a quick but intense workout.

- 1** Warm up with a modified jumping jack exercise. Stand with your feet more than hip-width apart and your arms straight out to your sides. Cross your arms in front of your chest as you jump your right leg in front of your left. Return to your starting position and repeat, this time crossing your left leg in front of your right. Do this for one minute.
- 2** Next, squat down and touch the floor. Shoot your legs back fast so you end up in pushup position. Come back up quickly to a standing position. Perform as many reps as you can in 20 seconds, then rest 10 seconds. Repeat for four minutes.
- 3** Cool down by running at a challenging pace for 20 seconds, then jogging for one minute. Repeat three times.



Safety Hacks: Christmas Edition

Ah, 'tis the season indeed—the season of crime! Commute, avoid scammers, and secure your belongings like a boss

By Lio S. Mangubat

1 / Bust the Budol-Budol

The Scam: You're approached by a group of men, usually posing as well-off businessmen in a hurry to make a transaction or catch a flight. One of them shows you a bag filled with dollars or gold, and, with a smooth cover story, requests you to take care of their stash. You're also asked for a small collateral in return, so you willingly hand over your cellphone or jewelry—only to discover later on that the bag you have contains nothing but useless trinkets, the crooks having switched it for the original bag as you were talking.

Beat It: *Budol-budol* scammers pop up like mushrooms around malls this season. Blame it on your Christmas bonus. "*Alam nilang lahat ng tao may pera ngayon,*" remarks Samuel Quibete, police senior inspector and police administrative officer of Angeles City, Pampanga. And why do so many people fall for it? "*Yung biglang tubo ng pera nila, doon sila nasisilaw.*" Quibete offers these anti-scam tips:

1. Don't go around flashing your man-bling. Better yet, don't bring out your valuables in the first place.
2. Avoid walking alone. Stick with a crowd if you're on a solo errand.
3. Apply what your mother taught you: "*Pag di mo kilala, wag mong kausapin.*"

SAVE YOUR STASH

According to Quibete, snatching is the most common petty crime reported to the PNP, especially during Christmas. His simple measure against it? "*Ilagay mo sa harapan mo ang bag mo.*"



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2/ Foolproof Your Taxi Ride

Looking to leapfrog the infamous holiday rush? A taxi is often your best go-to solution. Some miscreants behind the wheel, however, are quick to take advantage. Before you settle into your taxi, here's your step-by-step strategy for safeguarding your commute:

1. Head for the backseat. Once you're inside, "close the door, lock and unlock, then try opening the door again just to double-check if the locks are working properly," recommends Natasha Dawn Bautista, acting general manager of Grab Taxi. You should be able to get out easily at any sign of danger.

2. Ask the driver to turn on the meter if he hasn't already. Check it. The inspection seal should be intact—a broken one could indicate that you're riding a "batingting" cab with a jimmied meter readout. "Some batingting drivers intentionally hold the stick shift in order to block the meter's line of view," warns the PNP Directorate for Police-Community Relations in a bulletin issued last 2013.

3. "Make sure the following are visible"—driver's ID in the front, taxi name and plate number on the [inside door panels]," says Bautista. Conspicuously write down the name and plate number of the taxi. For added security, whip out your phone and pretend to call (or actually call) a friend to relay the details.

4. Check the running of the meter. You should be charged an additional P3.50 every 300 meters after the first 500 meters, and another P3.50 every two minutes thereafter. There should be time and odometer readouts above the price. Another danger sign: The cab is running slowly in high-speed areas. The PNP bulletin warns that some drivers do this to disguise the unnaturally high readouts of their meters.



APP ALERTS



Whip out your smartphone and access these two apps that should make your ride more secure
Grab Taxi: This booking app adds more security because it screens drivers who link to the system, and tracks their vehicles as they go on their routes.

Pasahero: Sensing danger? Hold down the red button on this app to activate Panic Mode. The app will send a text message of your location to any person you choose, and automatically turn on your phone's mic and camera to record evidence.

3/ Be a Proactive Witness

So you're strolling around the mall when, suddenly, the sound of breaking glass pierces the air. There's a store being attacked by a gang of *martilyo*-wielding robbers. What's a good citizen like you to do?

Step 1 Take cover. They may be called *martilyo* gangs, but you never know if they're packing heat. Personal safety should be your number one priority. If you try to intervene, "*madi-disgrasya kayo*," warns Quibete.

Step 2 Memorize the faces of the perpetrators and the details of the ongoing crime you're witnessing.

Step 3 If you have a cellphone, the most useful thing you can do is to take photos and videos discreetly. "*Yun talaga ang pinaka-useful para sa investigation namin*," says Quibete. He cites the viral photo of the EDSA carjacking attempt as an example of how one photo can lead to the arrest of criminals.



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TAKE THE WRAP LIKE A MAN

So you're done Christmas shopping for the young 'uns, ticking off all your little nephews, nieces, inaanaks, and everyone else in between from your master list. But then you have to wrap everything. Time to call the girlfriend or the wife for some help then, right? Wrong! Don't burden your significant other with gift-wrapping duties. Do it yourself with this guide from mother and *Good Housekeeping Philippines* art director Kara Ballesteros by Lamar N. Roque



For small stuffed toys

Instead of using a box, go for a gift bag and stuff it with colored tissue of your choice (choose colors appropriately for girl or boy recipients) then place the stuffed toy in. "Finish up with more scrunched-up tissue on top of the toy to cover the whole thing. You can also use Japanese paper as an alternative," says Ballesteros.

For large stuffed toys

Use a basket as your base and wrapping material to cover the entire package. Place a large enough piece of wrapper under the basket, the toy in the middle of the basket, and proceed with the next steps. "Tie two corners [of the wrapping material] together by gathering the ends to make it look like petals. Repeat the same thing with the remaining corners," instructs

Ballesteros. Use tape to secure the top end and tie a ribbon around it. This works especially well if you're wrapping material is softer, like cloth.

For toys in blister packs

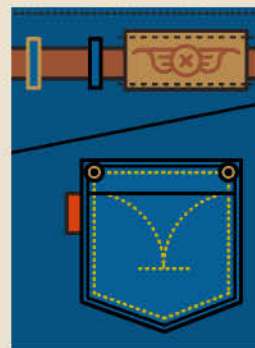
The best way of getting around the odd shape of blister packs is to make a gift bag. "Use wrapping paper and make sure its size should be double the size of the bag you want to make." Horizontally fold it in half, making sure to fold inward and making the ends overlap. Then tape them together. "Fold the base of your bag in and press down forming a crease. Open out one side of the base by flattening the corners into a triangle. Lastly, fold the ends of the base inwards then tape together," says Ballesteros.

BE A WRAP STAR

- Make your own gift tags from recycled cards. Cut along the fold, throw away the other half and use the front part with the picture. Punch a hole on one end and use the backside for the dedication.
- Craft paper can also be another alternative to wrapping paper. Once wrapped, you can add trimmings and DIY gift tags for a more personal touch.
- Use washi tape. Forget the ribbons, because washi tape can be equally presentable as well (plus it gets the job done too)
- When wrapping gifts for kids, avoid using staplers or little ornaments that could present a choking hazard
- Black paper is not just for Halloween. You can use black wrapping paper and use chalk marker to decorate all over it. Use colored baker's twine to make a bow.

NEW LAWS OF DENIM

TO ACHIEVE THE BEST FIT, KNOW THESE ESSENTIAL STYLE RULES



ROLL OR HEM THEM

Ragged or crumpled pant legs make you look sloppy. Cuff them so they land right at your shoes. If you have to roll more than three times, tailor 'em.

HIDE YOUR BRIEFS

We're not sure where the trend of having underwear billow from your waistband started, but we suspect Justin Bieber had something to do with it. Tuck it in.

CHECK THE POCKETS

They should be proportional to the jeans. If they're not, smaller pockets will make your butt look bigger, and big pockets will make it look smaller.

RAISE YOUR RISE

Low-rise jeans are for tweens. The only time a woman wants to see your ass crack is... never. Okay, she might forgive you if you're fixing the sink.

FOR WHOM THE BILL TOLLS

EVERYONE MISSES A PAYMENT AT SOME POINT. SO LEARN TO PRIORITIZE TO SAVE YOUR CREDIT SCORE.



MOST LIKELY TO HURT YOUR CREDIT SCORE

LEAST LIKELY TO HURT YOUR SCORE

CREDIT CARDS

Thirty days late can ruin your score, so at least pay the card minimum. Same deal with a mortgage. Call your lender.

AUTO LOANS

A missed or late payment on a personal loan will likely be reported to the credit bureaus.

MEDICAL BILLS

Don't negotiate for too long. If your account is sent to collections (after 60 or 90 days), your credit will suffer.

UTILITY BILLS

The service will be shut off first. But if your cable or phone company (or landlord) calls in a collector, you're screwed.



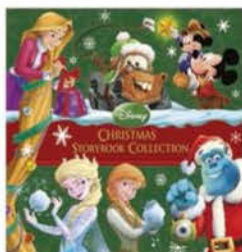
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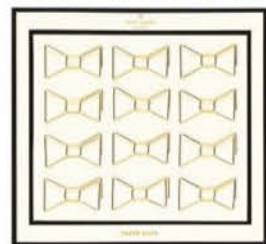
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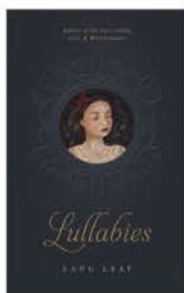
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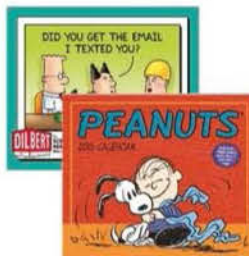
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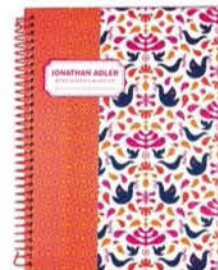
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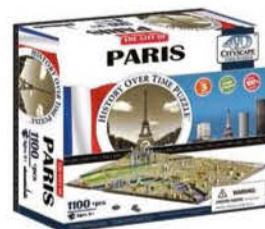
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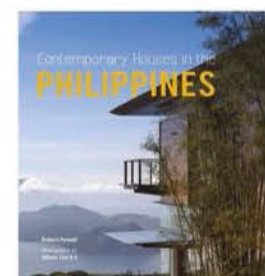
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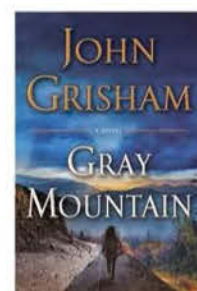
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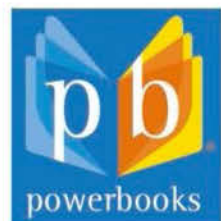
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UNCONVENTIONAL WISDOM

Create Explosive Chemistry

by Bill Nye the Science Guy

Nowadays when we talk about meeting a woman, we seek good chemistry. Ahh, it's good to see science as part of the mainstream. Let's start our experiment with this hypothesis: She likes you—or she will, after she's had a few moments with you. Now, I'm as concerned about global warming as the next guy, but here we seek to melt the ice, if you catch my drift. (Snow puns intended.) These tips, based on recent research, may warm things up.

1

Dress to Catalyze the Conversation

As you may know, I wear bow ties, one at a time, and with a shirt. Quite often this sparks a bit of banter or some charming conversation. Women notice. Apparently they can't help it. Whatever piece you choose, be it a tie, suspenders, watch, or belt, your best bet may be the color red. Studies show that red, like the crimson of a fresh rose, attracts more romantic attention from women than blue—even if that blue is the beautiful hue of a Bunsen burner's flame. I know: Nature's ways are strange.

2

Always Act Your Evolutionary Age

You want to go in as the wise Holocene Human, not the hulking Neanderthal. There is a not-so-subtle distinction between bold, open body language (standing tall with arms uncrossed), which women find appealing, and being an overbearing caveman. Research suggests that initially calm behavior may be your key to a second date, so give the gal her personal space. Don't lean in or dominate the conversation. Once she's at ease, she'll be more receptive to your romantic overtures.

3

Make Eye Contact but Don't Ogle

Observation is the hallmark of the scientific method. So look her in the eye. Locking gazes with a potential partner triggers an actual measurable response called the eye contact effect. If she finds you attractive, eye contact may boost that feeling. So just keep your gaze direct, not all up and down. Ogling is creepy and she'll flee. Women like a guy who's funny without being inappropriate, so experiment at your own risk. That's how penicillin was invented. Carry on.

—WITH ALEX GARDNER
AND GREGG STEBBEN



SAVE FACE AND PARTY HARD!

Office Christmas parties present a ton of scenarios where you can transform into a downright doofus (let's not even get into how alcohol may play a significant role in such scenarios.) When you think you're about to make a righteous fool out of yourself, remember this: "Understand specifically why you are embarrassed by the situation. Most of the time, it's just a matter of perception," says Michael P. Sionzon, a psychiatrist connected with the Philippine General Hospital. Here are three situations you can totally own at the office Christmas party.

by Lamar N. Roque

A/ You bump into the company's big boss and he suddenly strikes up a conversation. How do you make a good impression in your tipsy state?

Play it cool and keep it breezy. "Your boss probably has merriment on his mind, too, and just wants to chill and be one of the guys. In this situation, it would probably be a good idea to stop thinking about impressing him and enjoy the moment," says Sionzon. Still, keep your manners in check and don't get too chummy.

B/ You've been volunteered by your co-workers to join the karaoke sing-off specifically because they know you're tone deaf. What do you do?

Pull a Joseph Gordon Levitt ala *500 Days of Summer*. Belt it out like no one's watching. "Admit that you don't sing well but still give it your all. If you're well-liked, then your friends will appreciate your efforts," says Sionzon. Of course, be aware of when your audience's ears are pleading for mercy. How to spot this? See if they're grimacing when you try to hit the high notes. If so: please, by all means, stop and have a laugh instead.

C/ Your officemates are teasing you and your office crush

While this may bring you back to your high school days and all the horrors of awkward dating, handle the situation with composure like an adult should. "Understand the precise reason why you're getting embarrassed in this situation. Are you afraid she'll know about your admiration towards her? Just change your perspective on the situation so you don't feel pressured," Sionzon stresses. We've got an even simpler solution: *sakyan mo lang, 'dre*.





Wake Up Healthier

And better looking too

by Julie Stewart

1/ Your Mind

SHELF WORK WORRIES

Turn off your smartphone on schedule. People who stop reading e-mails and checking their phone at a set time each evening sleep better than those who don't put limits in place, according to a Northern Illinois University study. A deadline helps you detach from work psychologically, the researchers say.

2/ Your Eyes

DON'T BE ON THE LOSING SIDE

Try a new position in bed: An Australian review concluded that sleeping on your stomach can increase eye fluid pressure, which can raise glaucoma risk and worsen nearsightedness. Snooze on your back—unless you have sleep apnea. In that case, sleep on your right side, Turkish researchers say.

3/ Your Teeth

SKIP THE RINSE CYCLE

Saliva washes away germs and bathes your teeth in restorative minerals. But as you sleep, you produce less spit, says Marilyn Rothen, R.D.H., M.S., a dentistry researcher at the University of Washington. Before bed, brush with fluoride toothpaste. Then spit but don't rinse. You'll leave a protective layer of fluoride.

4/ Your Skin

IRON OUT WRINKLES

To save face, apply dermatologist-recommended tretinoin and a vitamin C serum, on alternating nights, says Ted Lain, M.D., a dermatologist based in Austin, Texas. Why at night? Because sunlight can break down the active ingredients in these skin-improving products.

5/ Your Heart

POP BEFORE YOU DROP

Scientists in the Netherlands say that taking 100 milligrams of aspirin at night can reduce the odds of morning clot formation. Men tend to have a higher risk of heart attacks in the a.m., so this strategy may help mitigate the danger, says *US Men's Health* cardiology advisor John Eleftheriades, M.D.

UNCONVENTIONAL WISDOM

Deliver a Knockout Punch

by Chuck Liddell



Sure, I still train MMA most days. But on week-ends, this Ultimate Fighting Champion is much more concerned with kicking back than with kicking ass. That means making a party drink that's easy to contend with in the kitchen or at a friend's house. My favorite: Kill-Devil Punch. (Some people think it sounds like a cool fight move.) It's a Caribbean-inspired drink so good you might have to wrestle it away from me. Or you could just use this recipe to make your own. Either way you'll be the hit of the party. Your choice, my friend.

What you'll need

- 12 white sugar cubes
- 27 raspberries (about ½ cup)
- 3 oz club soda
- 2 limes
- 6 oz aged dark rum
- 3 oz canned pineapple juice
- 3 oz dry champagne

1

Bring On the Blunt-Force Trauma

Like a fighter, sometimes a mixologist has to ground and pound. In this case, that means dumping your sugar cubes, half the raspberries, and the club soda into a pitcher and muddling until everything is nicely mashed together. What's that? No muddler? No problem. Just grab a wooden spoon or use the bottom of a booze bottle and start beating. Go slow to limit the splatter factor. Bartending isn't a cage match, but you're still allowed to improvise.

2

Ice It Early and Often

Put the limes in half and squeeze the life out of them until you have about 3 ounces of juice in a measuring cup. Add this and all the other ingredients (except the champagne) into the pitcher; then fill it about three-quarters full with ice cubes. Stir until cold; strain the drink into a punch bowl. Add a few handfuls of ice to the bowl. By prechilling, the punch will stay cool longer without lots of ice melting. How do you think I earned the nickname 'Iceman'?

3

Finish with a Flourish

Top everything off with champagne to add freshness and fizz. If you are all tapped out (I mean low on funds), substitute an affordable Crémant de Bourgogne or cava. Add the extra raspberries to the bowl and ladle into punch glasses. This recipe serves about six to eight people at around 15 percent ABV. And if folks want another round? That's a good thing.

—WITH GILLIAN FRANCELLA AND GREGG STEBBEN; RECIPE FROM THE BOOK *DEATH & CO*



ACES UP YOUR SLEEVES

It's Christmas bonus time and the "friendly game of poker" pot is never bigger. But no amount of tint on your shades can hide the fact that you're about to lose all your chips again—unless you start listening to Filipino Poker Tour boss man Franco Mabanta

by Gelo G. Gonzales



1/ React accordingly

When you play poker at the highest level, you can be precise about how aggressive or how soft you should be playing. But basically, you should base your action on what you think your opponent's hand is. Poker is very reactive. If you think your opponent is strong, and you want to bluff him, then be aggressive. If you think your opponent has a weak hand and you think your hand is stronger, then you try to play soft to get him to try to bluff you.

2/ Read betting patterns

There are many, many ways to tell if your opponent's bluffing. One is by analyzing your opponent's betting patterns in the pre-flop, flop, turn, and river. This has to do with the amounts they bet, how fast they bet, and those little personal ticks. If you're a good player, you have to be able to put all those little pieces of the puzzle together, and as the game rolls along, you'll be able to have a better view of the whole picture. Pinpoint what someone is trying to do so that you can react accordingly. To be really good, you've got to be able to put it all together fast."

3/ Conceal your intentions

A lot of people wear shades and hoodies to hide their intentions, but I'm against that. Reading your opponent is one important skill, but the ability to conceal your emotions is another. One trick is to not look at your poker chips as money. On a high-stakes table, when someone bets big money on a bluff, sometimes their faces will say 'Oh my god, this is my rent.' And the opponents will pick that up. But real pros don't look at it that way. They look at that big bluff as just another bet to get a guy to fold or call.

4/ Stay patient

Regardless of whether you're winning or not, you've got to be patient. Patience is one of the underlying traits that a good player must have. You should know the balance between pushing and holding back. If you're short-stacked, don't panic and just wait for the chance to put your chips in at the right spot. Don't go crazy.

5/ Keep calm and meditate

I use what is called 'Transcendental Meditation.' Oprah Winfrey, Ellen DeGeneres, and Russell Brand do it. It sharpens your focus and reinvigorates your energy. Even if you go through bad streaks and bad luck or whatever, you can maintain a positive attitude. And this helps a lot in poker. Poker is a sport, but we're not athletes. And the most important muscle we have is our mind. And I think that meditation really helps in that regard.

Party God Status: Unlocked

Get the champagne ready and become the undisputed heavyweight champ... of party games

by Gelo G. Gonzales

Shoot ping-pong balls into red paper cups as easily as Kevin Durant scores buckets! Sing like you want Bamboo to coach you on *The Voice of the Philippines*! Rule every party game with tips from the party-hearty pros!



THAT SWEET SHOOTING STROKE

By day, Ron Jay Eduvas writes for *FHM.com.ph*. By night, he makes the rounds at various beer pong tables in the metro. Get to know his sweet shooting secrets, and unleash them on your trash-talking friends

1/ We talkin' 'bout practice!

Like in basketball, the only way to improve shooting accuracy is to keep shooting. At home, set up the cups, buy a dozen ping pong balls, and shoot away. Get a feel for what kind of shot and shooting form works for you. When game time comes, the amount of practice you've put in will definitely show.

2/ Tune out the noise

Trash talk is an innate part of the game. Plus, beer pong games are usually played in crowded, noisy places. So it pays if you can tune all that out and remain focused. Just think of it this way: When the trash talk is getting louder, that just means your opponents are getting scared of losing to you, and they're overcompensating with their mouths. And if you can say something that will distract your opponent, then that's good defense. Remember: If you can dish it, then you've got to be able to take it as well.

3/ It pays to be a strong drinker

If you can hold your alcohol well, then good. If not, then maybe this isn't the game for you; or get a teammate with the drinking power of a bull. If you don't want to get drunk, you might want to spend extra time practicing your shots. The faster you can outshoot your enemy, the faster he gets drunk—and the harder it is for him to make his shots.

4/ Give your teammate a pat on the back

Your teammate messing up shots? That's going to affect his confidence. Tell him not to let the misses get to him. As a good teammate, it's part of your responsibility to tell him to not worry and just try to get better with the next shot. If not, well, the worst that could happen is that both of you guys drink beer. What's so bad about that?



OPEN WIDE

We've taught you how to eat right. Now we teach you how to eat wrong in all the right ways! Chow-down with the champ, Charles Diaz: holder of multiple speed eating titles at giant-burger joint Zark's Burgers

1/ A hungry mind is a hungry stomach

Think of competitive eating as a sport. So like in any sport, part of it is a mind game. You have to psyche yourself up. Before the challenge, you prime your head into thinking *na kaya mo siyang tapusin*. *Pag sa simula palang nai-intimidate ka na sa burger o hotdogs na nasa harap mo*, it will become nearly impossible to win.

2/ Patty first, bread later

Hindi puwedeng bara-bara lang sa pagkain. Dapat may sistema ka. What works for me is I eat the patties first. Leave the bread for later *kasi* it gets sticky with the meat, making it harder to chew. French fries, last. *Mainit kasi yun eh.*

3/ A naturally big appetite is a talent

It doesn't hurt *kung talagang matakaw ka na* to begin with. But I think *puwede mo siya i-develop*. What you do is *magpa-gutom ka*. That way, when you eat, *talagang lamon*. It's going to become a habit, so when you need to eat a lot of food in a short amount of time, *sanay na yung katawan mo*.

4/ Just keep eating

At times, you will tell yourself, *'Ayoko na. Hindi ko na kaya,'* especially when you're so close to the finish line. But that's the thing. You're already so close to the finish line. *Bakit hindi mo tapusin* for one last push? *Parang sa marathons lang rin.*

5/ The aftermath

You know how athletes stretch or ice their knees after a game? In competitive eating, *meron ding equivalent yan*. Unless you want your stomach to turn inside out after such a heavy meal consumed quickly, my advice is to refrain from moving around so much. *Mahihilo ka talaga* after *sa sobrang pagkabusog*.



MY WAY IS THE RIGHT WAY

String together an epic run of perfect "100" scores with your vocal coach, one of the country's most talented singers, Christian Bautista

1/ Don't strain your vocal cords prior to videoke night

Get some sleep the night before, because having well-rested vocal cords will afford you enhanced singing endurance. Treat your voice as a muscle; if you don't give it time to rest, it might fail you. If you're hardcore, get a vocal coach and learn vocal placement so you know how not to strain your voice from over-singing.

2/ Cold or warm drinks make no difference

Your drink's temperature might depend on your vocal constitution. Some pro singers like Martin Nievera and Regine Velasquez take cold water. Sarah Geronimo and Basil Valdez take warm water. But your enjoyment matters more than thinking about how warm or cold your beer is. [Besides,] once you're too drunk during the party, the beer's temperature hardly matters anymore. At that point, you won't know the difference between a good note and a bad note.

3/ Stay in your range

Identify if your voice has a low register (bass/baritone) or a high register (tenor), then choose songs according to your preferred natural range! If your voice can sing any song, then rock on.

4/ Get rid of the shakes

Look at the TV screen and don't mind the people around you. If you have to face your friends, look at their foreheads and not their eyes. But the best advice to shake stage fright off is to enjoy the moment and try to make your friends enjoy with you—even if the notes are off the scale.

5/ On singing the deadly 'My Way'

In a controlled environment with a mix of people who are sober and understanding and patient, I would recommend it. Just wear Kevlar.

GET YOUR EGGNOG GAME ON

IF YOU SAY YOUR TRADITIONAL *NOCHE BUENA* SPREAD IS – HANDS DOWN – THE BEST IN THE LAND, THEN WE SAY THERE'S ROOM FOR IMPROVEMENT. WITH THIS DELIGHTFUL ADDITION, IT'S ABOUT TO GET EVEN BETTER

by Lamar N. Roque

Before you get ahead of yourself, it's always smart to be safe from the get-go. "Use a cooked eggnog recipe. Raw eggs might cause a food borne illness caused by salmonella," points out Chef Nikki Eleazar, Senior Lecturer at the College of Home Economics, University of the Philippines. Achieving that familiar liquor-assisted euphoria, after all, should be done with utmost precaution. Done right, everyone will praise your mixing prowess and deftness behind the bar. Have we mentioned that the ladies love it when they see you have a sensitive side? That your little-spoken-of, offbeat skills get them all warm and tingly inside? Of course we did. Many times. Surprise them, and everyone else for that matter, with your eggnog. It's simple if you follow these easy steps from Eleazar's tasty recipe:

What you'll need

- 4 egg yolks
- 1/2 cup sugar
- 2 cups milk
- 2 whole cloves
- a Pinch of cinnamon
- 1 cup cream, chilled
- 1 teaspoon nutmeg
- 1 teaspoon vanilla extract
- 2 tbsp each of bourbon and rum or brandy, or to taste (*This is actually the "make or break" step. Too little and people will find your mix weak. Too much, and you risk looking like an alcoholic. PRACTICE YOUR MIX. GET THIS STEP RIGHT.*)
- Whipped cream
- Shaved chocolate



Directions:

1



In a clean bowl, whisk egg yolks until light in color. Slowly add sugar. Continue whisking.

2



In a heavy bottomed saucepan, combine the milk, cinnamon, and cloves. Bring to a simmer. Once done, remove the cloves.

3



Slowly "cook" the egg mixture by carefully and gradually pouring it into the milk mixture. Continuously whisk while you pour.

4



Stir with a wooden spoon until the mixture thickens and then cook until the mixture coats the back of a wooden spoon. Don't allow the mixture to boil. Then, remove from heat and add the cream.

5

Add the vanilla, nutmeg, and liquor of choice. Transfer to a toddy glass and top with whipped cream and shaved chocolate.



GIVE A KILLER SPEECH

Whether you need to talk in front of millions, give a presentation to a boardroom full of work-mates or even to just a few close friends and family members, effective public speaking is a skill that every man should be able to grasp. Popular TV personality and triathlete "Kuya Kim" Atienza gives us expert advice on how to command to a crowd

by Enrique Miguel T. Subido



1 / Be ready!

You have to prepare and be prepared. You need access to the best information; do your research. Giving a speech or report without any studying or research will not be effective, placing you in a very awkward position.



2 / Keep it simple

Simplify your language as much as you can, basically because you have to be concise. In my experience, because TV only allots you a limited amount of seconds, I have to ask myself: How am I able to be the most informative and clear with the limited amount of time that I'm given? Give yourself a time limit when speaking.



3 / Stay focused

Things can distract you, so stay composed. You must be able to strike a balance between being perceptive of your audience and minding how your speech or report is progressing. That way, you are paying attention to both yourself and those who are listening to you.



4 / Relax

It'll show if you're tense. In my case, when the camera is rolling and I know I'm speaking in front of a live audience of millions, I have to relax or it shows. Still, however, there is healthy tension that one should feel before speaking in front of people, because it allows you to place the importance of your speech into perspective.



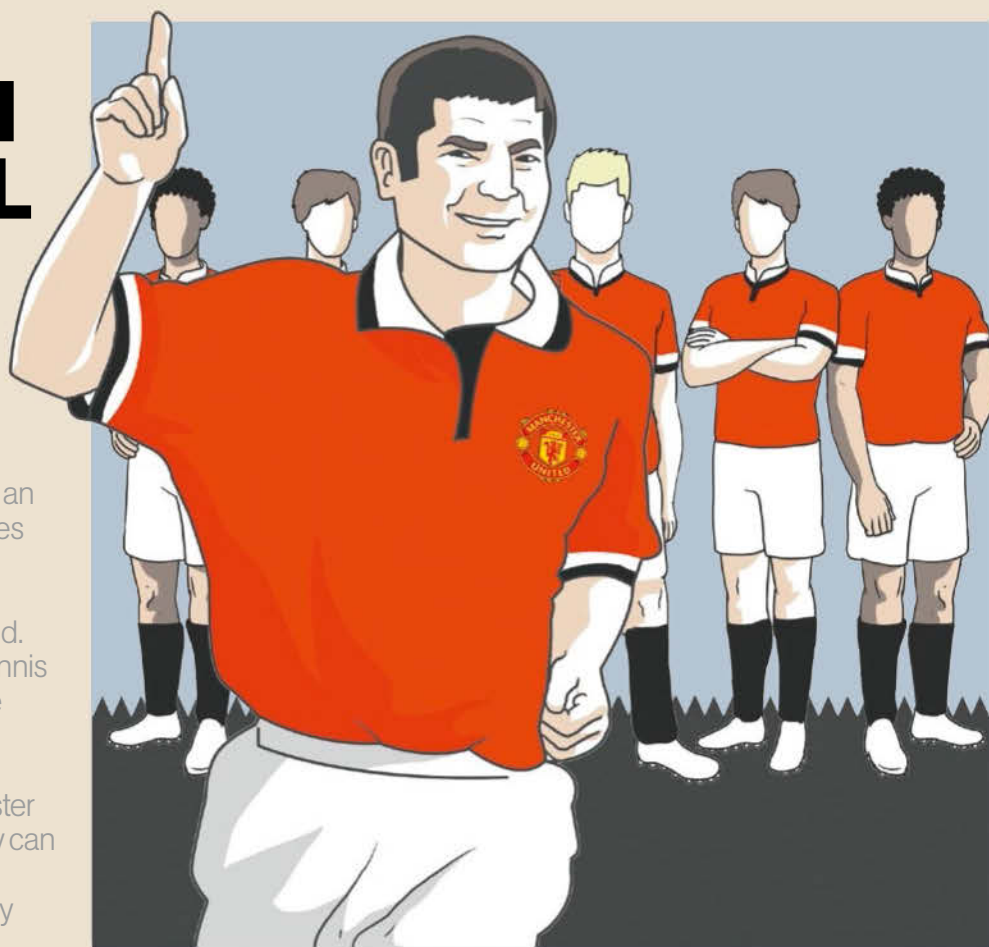
5 / Practice makes perfect

Only very few people can speak to an audience without practice. It takes a special talent to do so. For me, I know that there is a responsibility with what I do in front of the camera, so I want to keep on learning and practicing so that I can give audiences my best.

THRIVE IN A GLOBAL TEAM

Do you work in a multinational company where dealing with different languages, different cultures, and different levels of liking rice (yeah, non-Pinoys sometimes really don't get it) is an everyday affair? Take some cues from an English international soccer team, one of the most multicultural squads in the world. Manchester United legend Dennis Irwin, who visited Manila for the launch of Maybank's Man U-themed Visa credit card, analyzes the team's current roster and gives pointers on how they can bond... and how you can apply these tips to your own company

by Lio S. Mangubat



1 / Decide on one language



This year, we've signed a couple of Argentinians—Di Maria and Rojo; a Dutchman in Blind; Falcao, a Colombian; an Englishman, Shaw; and a Spaniard, La Fereira. The best thing is for them to go and learn as much English as possible. If the coach only has to speak in one language, the players understand him and each other a lot easier.

2 / Firm up the leadership



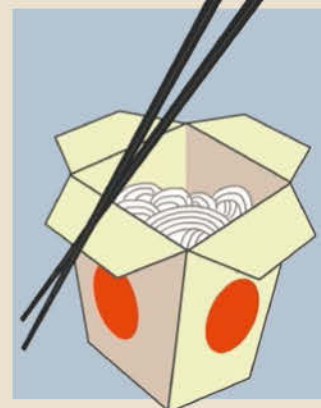
Louis Van Gaal is a manager who knows exactly what he wants. We obviously had a disappointing year last year, with the way the first two or three results didn't particularly go our way, but I think we'll improve a lot this year. The fact that we're bonding over things like that will improve us even more.

3 / It all starts with training



Majority of the time is spent in the training field. So you've got to create a fantastic environment. People who look forward to actually going in and playing football are going to work and enjoy work. That's a good base to go from.

4 / Get to know them over food



[Team captain Wayne] Rooney's brought [the new players] to Spinning Fields. They went to a really good Chinese restaurant called Wings. It's a bit of team bonding. They're going there for a bite to eat and to get to know each other.

A close-up photograph of a person's knee. A hand is holding a syringe, with the needle pointing towards the knee joint. The background is a solid light blue.

Advantage

YOUR EDGE—IN EVERYTHING!
EDITED BY ENRICO MIGUEL T. SUBIDO

A REGENERATIVE FUTURE

Cutting-edge stem cell research makes it possible for you to repair damaged areas in your body through minimally invasive methods

BY ENRICO MIGUEL T. SUBIDO

A **T 47, ALEJANDRO “KUYA KIM” ATIENZA** —TV host, weather anchor, and triathlete—is not exactly old, but he’s no spring chicken, either. His knee hurts, and although it’s not debilitating in any way, it’s a clear sign that Father Time is unstoppable.

Atienza is convinced he has found the answer in stem cell therapy. "I'm doing this so I can extend my athletic life. I want to swim, bike, and run until I'm 70, and according to the doctors, this is the best time to do the procedure," he says. "People are generally doubtful about it because it is a new method of treatment, but slowly, it is becoming more accepted as safe due to an increase in research and published data. This is more of a preventive measure on my part. I want to slow down the degeneration of my joints, particularly on my left knee where I am having the treatment done."

It's always the contentious issues that make the headlines. In this case, the science of stem cell therapy seems to spark public interest only when ethical discussions about harvesting cells from human embryos come up. It makes for interesting reading, yes, but this view is very limited. Not all stem cell research involves human embryos, a petri dish, and a group of (mad) scientists.

For example, adult stem cell therapies (for the bone marrow, the brain, the liver, the

reproductive system, fatty tissues, skeletal muscles, skin, and teeth) don't share the same controversial limelight as embryonic stem cell research. Compared with the latter, which, so far, has been unsuccessful in human patients, adult stem cell treatment has rendered results that are both real and tangible.

Stem Cell 101

Stem cells are progenitor cells, meaning they can transform into specific cells to replace damaged ones. When they come into contact with an area that is damaged or degenerated, they home in on the target site like guided missiles.

The use of autologous stem cells, or cells that are obtained from the same individual, greatly improves the success rate of the treatment. "When using autologous stem

cells, studies haven't encountered incidents where cells other than those in the targeted areas are affected. Risks become higher when using stem cells from another species or host. Aside from rejection of the stem cells, these also have the potential to grow as malignant cells," says Jae W. Pak, M.D., a regenerative medicine specialist.



Stem Care by the Aivee Group is located at the 2nd Floor, East Building, Forbestown Center, Burgos Circle, Bonifacio Global City. The facility is headed by CEO and Medical Director Z Teo, M.D., and prominent dermatologist Aivee Teo, M.D. For orthopedic stem cell treatment concerns, look for Charlie Pobleto, M.D. For more details, visit www.stemcareinstitute.com.



STEM CELLS HONE IN ON THE TARGETED SITE LIKE GUIDED MISSILES”

CURRENT STUDIES INDICATE THAT CELL REGENERATION BEGINS JUST ONE MONTH AFTER THE TREATMENT HAS BEEN ADMINISTERED. PROGRESSION OF REGENERATION IS CHECKED THROUGH MRI. STARK IMPROVEMENTS CAN BE NOTICED AFTER ONE YEAR.

The advances made over the past year are so great, Dr. Pak shares, that adult stem cell treatment on a single joint is now a minimally invasive outpatient procedure that takes just a few hours to complete and, according to Dr. Pak, costs roughly 0.085 percent of what you had to shell out last year.

Cellular Stories

Atienza never hesitates to try something new, so he's been eager to give stem cell therapy a shot. Quite literally, in fact—the procedure involves a couple of needle pricks.

He explains the procedure done on him, and it is stunning in its complexity (note our sarcasm): After he underwent an MRI at Stem Care by the Aivee Group, he and the doctors chatted a bit before they stuck a needle in his back to extract stem cells from his own fat. They then added the stem cells to a mixture of platelet-rich plasma, activated the mixture, and re-injected it into his left knee. It sounds a bit too simple for a very complicated science, but that's seemingly the beauty of it all. Atienza even had time left for some more chitchat before he had to go and suit up for *It's Showtime*.

The transition to cell-based therapy was easy for orthopedic surgeon Charlie Poblete, M.D., who is in charge of Atienza's treatment at the center. From his background

IN AND OUT

You can think of orthopedic stem cell therapy as a means of preventive maintenance. If you're a sports lover with niggling aches that just won't go away and you're considering the regenerative option, here's a step-by-step breakdown of the procedure

THE AUTOLOGOUS FAT STEM CELL REPAIR (FSCR) PROCEDURE

1 Hour

You will be examined to diagnose your problem. This physical will include X-ray and MRI tests. The results will be analyzed within the same hour.

+20 Minutes

The resident cosmetic surgeon will extract your fat.

+15 Minutes

Your blood will be processed for platelet-rich plasma (PRP).

+1.5 Hours

Your stem cells will be processed from your fat.

+10 Minutes Your processed fat and PRP will be combined and injected into the affected area.

TOTAL TIME:

3 Hours 15 Minutes

in orthopedics, he noticed that most of his patients had an aversion to invasive procedures, like open surgery. He sees cell-based therapy as the middle ground between simply popping pills and cutting someone open.

Like Atienza, many athletes have consulted Dr. Poblete about this procedure. Its benefits are hard to overlook: no downtime, minimally invasive, less expensive (but still quite pricey for those of us without commercial endorsements), and with results that can be easily and regularly monitored.

Mere minutes after the procedure, Atienza is up on his feet, walking around, entertaining all of our stupid questions. He's going to take just one week off his regular training regimen, and is obviously excited to feel the results of the treatment. "I know that when you're active in sports and heavy on training, there are a lot of aches and pains. This is brought about by age," he says. "But I love these sports. I know that what could potentially stop me from continuing a passion of mine has been addressed. I like doing my swimming, biking, and running, so I'm excited to know that I'll be able to do all of these for longer." ■

YES, YOU HAVE THE TIME

For this newbie triathlete and family man, time is what you make of it

BY ARTHUR CHASE D. LOMIBAO

IT'S 4:30 IN THE MORNING. STILL aching from yesterday's long run and the previous day's swim, the alarm continues to pierce through what I had hoped to be a deep and restorative sleep.

For a brief moment, an inner battle delays what would eventually be the choice to suck it in, get up, and suit up for a two-and-a-half-hour-long training bike ride, followed immediately by 30 minutes of running intervals. In that split second, there's a stalemate between two very persuasive versions of myself as they exchange convincing, yet opposing points.

The first: "Are you nuts? It's Sunday morning, family day, and your body still hurts. I guarantee you that two more hours on this soft bed will infinitely be better than two hours on a hard saddle. Now go back to sleep." And the other: "This workout will make you tougher, faster, stronger, and will better prepare you for your race. You can go back to sleep after you're done. Now get up."

Clearly, it's a deadlock.

As I look over to my right, I see my beautiful wife and two amazing sons sleeping soundly. What matters to me is literally within a hug's reach, and I remember now why I chose not just to start—but continue—training daily, despite the late hours, inner conflicts, constant physical pain, and incapacitating fatigue. I promised myself that I would be tough, fast, and strong for them; that I would be able to run around and keep up with my boys until they have kids of their own. When I remember these promises, switching off the alarm and getting out of bed to subject myself to what some may consider ridiculous and excessive punishment becomes the easier choice.

CRUSH THE ALIBI. TIME TO
TAKE CONTROL OF
YOUR LIFE



But of course, it isn't easy. When I first began training, physical pain was only one of the many challenges that I had to deal with. Starting from zero background in triathlon, swimming, biking, and running extreme distances in succession without getting injured require preparation, and preparation obviously requires time.

AH, TIME.

I am very fortunate enough to work from home, which makes achieving that elusive work-life balance a little easier. Make no mistake, though: being home-based doesn't always mean flexible schedules, much less completed workouts. Just imagine having

your bed in your office. TV marathons? YouTube? Facebook?

But then it hit me. Instead of being lost in the endless pit that is the News Feed, I could ride. In the time it takes for an episode of *Game of Thrones* to finish, I could do a high-intensity interval run; tune the gears of my bike while teaching my sons how to handle tools; or have them play by the pool while I swim 2 kilometers. With this realization, I suddenly, unexpectedly had 'time'.

A few years ago, I operated a 24/7 exclusive food concessionaire and commissary for a large call center an hour and a half away from home. I would tell myself at the end of each hectic 48-hour day: "If only I had the time, I

would exercise and lead an active, healthy, and balanced lifestyle." What an idiot I'd been. I actually had the time all along. Not in the sense of having more free time—there will always be 24 hours in a day after all—but rather that it was my choice to do whatever I wanted to do with it, whether it be to stay later at the commissary revising the employee handbook, rearranging shift schedules for the nth time, or setting time for family and exercise. "If only I had the time" became a slogan to relieve myself of the responsibility of being fit, and worse: for not doing the things that I said I wanted to do.

There is no shortage of books, articles, posters, motivational talks, inspirational stories, speeches, studies, and (our favorite) unsolicited advice from friends and family that provides effective time management strategies. And that's what makes it tricky. What may be effective and life-changing for one may be a complete bust for another. I'm not saying that these methods don't work, I just believe that managing time is inadequate and shortsighted. Managing intention makes much more sense to me. It's intention that lays down the context that shapes everything else down the line, even if you work 80 hours a week.

MORE THAN ASKING "What can I do to manage my time better?" I find that asking myself moment to moment, "Why do I want to do this in the first place?" is more likely to keep me in check. There are only two outcomes after: either I realize I don't want it enough to stop making excuses, or I realize that I want it bad enough that demolishing all excuses becomes effortless.

There's actually nothing wrong with realizing that you don't want something bad enough. It saves you precious time, since you get a clear understanding of what you're willing, or not willing, to spend it on. You can be honest with yourself. This is an immensely liberating experience because you realize that you, not your excuses, are in the driver's seat.

It's not about what you can do. You can sleep in your running clothes and shoes, you can wake up early to go for a pre-work swim, you can prepare your pre and post-workout meals the night before, join a gym, bike to work, rope friends and family into training, do calf raises while waiting in line. But none of these things will materialize—or become ingrained into habit—if you can't get to the bottom of why you even have those goals.

In my case, training for an hour and a half everyday has taken me beyond being the fittest I've ever been. It has me constantly practicing keeping my word to others and myself, which ultimately impacts every other aspect of my life.

Before I leave the room to race the sun I kiss my wife and kids, reassuring them that I'm here to stay. It is a promise I intend to keep. ■

THE TIME: DIRTY BITS

Part of effective time management is a curated schedule of activities: Do I spend this half-hour working on my overdue report, or do I break for a short game (or three) on *NBA 2K15*? It makes sense, then, that a sharper sense of self-control will result in tighter time management skills. Take some cues from the current research to see what habits we fall into...and how we can turn them to our advantage

PEOPLE ARE MORE LIKELY TO...

...SCHEDULE THE LEAST-PREFERRED TASK FIRST. TAKE ADVANTAGE:

When considering a series of events, we want to save the best for last. Set up 'reward' activities at the tail-end of your schedule as something to look forward to



...THINK THEY'LL MAKE THE BETTER CHOICE NEXT TIME. BEAT THIS:

We've all thought, "Oh, I'll just exercise tomorrow!" Clarifies Eric Manalastas, M.Sc., a social psychologist at UP Diliman: "We're not very good at affective forecasting, or predicting our future emotional states." Train your mind to consider your day-to-day activities in isolation.

...SET UNREASONABLE DEADLINES FOR THEMSELVES. WORK AROUND IT:

Research shows that our self-imposed deadlines are often less than optimal. Have someone else (your boss or significant other) help keep you on track. Manalastas calls this person a 'virtue buddy'—"someone who will provide positive influence, support, and accountability."



Sources: Ariely, D. and Wertenbroch, K. (2002); Loewenstein, G.F. and Prelec, D. (1993); Khan, U. and Dhar, R. (2007)

HAVE SCARY GOOD SEX—FOREVER

There's a tiger inside her. And a clown too. With a little coaxing, she may play along—and the fantasies will last all year

BY AMY RUSHLOW

With Additional reporting by Lio Mangubat

IF THE PARTY PICTURES OF YOUR LADY FRIENDS FROM THIS YEAR'S HALLOWEEN SHINDIGS are anything to go by, then it's fairly clear that women enjoy a little costume play—whether it's a nurse's outfit, a cop's uniform, or a nun's habit (gotta love that nun's habit). Whatever your preference, it's very likely your lady can't wait to titillate your fantasy with a little bedroom dress-up. "We all have concepts of who we are and how we must be with other people," says fetish model Joyen Santos, "but we all have that spark of curiosity: 'What if we were someone else? Or even something else?'" Try this four-step plan for a kinky night.

1

Jumpstart Her Fantasy

"Gauge her interest. It's important that she not feel pressured. That'll kill her arousal," says William Picker, Ph.D., a clinical psychologist in Sleepy Hollow, New York. "You might just ask, 'Have you ever thought about dressing up?'" University of Michigan research found that when a woman just thinks about a sexual fantasy, she releases testosterone, which is linked to desire, within 15 minutes. Fantasies tend to be specific, so consider selecting costumes together, says Stephen Snyder, M.D., a Manhattan sex therapist. "She may love being a French maid, but what's hot to you may be tacky to her and vice versa," he says. What, was the feather duster too much?

2

Commit to a Character

The costume is just a start. Now you need to actually commit to the fantasy. Begin with some gentle reassurance: Tell her how sexy you think she looks in that chef's getup, or how much you dig her faux French accent. These compliments add up: "There's an old saying: The better part of desire is being desired," says Picker. "Nothing is hotter than seeing lust in your partner's eyes." And whatever you do, own it. Don't consider it your 'secret shame'. "Having a role playing fetish does not make you a bad person," admonishes Santos. "If you're able to be at peace with yourself after that fact, only then can you responsibly practice this fetish with other people."

3

Maintain Some Mystery

Now for the easy part: The positive reinforcement. The next morning, tell her how amazing you thought the night was, says Picker, and leave it at that. In the meantime, just allow the memory to simmer—it will leave both of you wanting more. "Fantasies take their power from the fact that they're things we dream about," Dr. Snyder says. "If they happened with any regularity, they wouldn't be as special." In other words, there's no need for in-depth postgame analysis. Patience will lead to your payoff. "Slip in a reminder, like 'Remember Halloween?'" he says. And that, of course, is the best time to spring an erotic new idea on her.

4

Raise the Sexual Stakes

Don't just send the costumes to the dry cleaner. What started with dress-up should lead to other, more creative experiments. Shared secrets, for instance—especially when you're doing something others may disapprove of—can be a potent aphrodisiac, says Picker. So you might try a subtler move, such as asking her to wear lingerie under her work attire or surprising each other with R-rated Snapchats when you're apart. Fantasy, Picker adds, can also open the door to kinky new directions. Forty-seven percent of women, in fact, have tried bondage during foreplay and intercourse, according to a 2012 survey by the Swedish sex toy brand, Lelo. ■



USE FANTASY TO
UNLOCK THE BEST SEX
OF YOUR (AND YOUR
PARTNER'S) LIFE

THAT COSPLAYER CHARM

As a recent BuzzFeed article on the San Diego Comic Convention goes, the most unexpected people turn out to be cosplayers. Sales analysts. House-husbands. Clinical pharmacists. Construction workers. In the Philippines, "*may kilala akong banker, doctors, IT technicians, and yes, marami nga from the creative industries*," says Grace Marcellana, creative editor of *K-Zone* magazine and long-time cosplayer.

There's no denying that there's a large population of women who find men who dress in costumes out of the bedroom quirky, charming, and even hot. We explain why.

They're Introspective

Clinical psychologist Robin Rosenberg, Ph.D., has built a career out of studying fan culture as it relates to psychology. She's found that men who dress in costume are more in touch with their inner selves. "[They are] very psychologically insightful," she tells *Pacific Standard* magazine. "Those people can get quite personal." It's a value that girls tend to prize in men, who are stereotypically out of touch with their feelings.

They're Resourceful

Cosplayers are a crafty bunch. You have to be when you're making an elaborate costume from scratch. "Being a cosplayer requires a keen eye for

details, patience, and resourcefulness," says Marcellana. "I find it really attractive if the guy behind the costume has obviously paid attention in making the details of his costume." Want to try out a simple cosplay that's got solid Internet cred but still easy to throw on? Try this:

THE MOST INTERESTING MAN IN THE WORLD

Bathrobe + fake beard + bottle of beer. You don't always cosplay, but when you do...



BEST BE PREPARED

According to the Department of Health, critical illnesses such as cancer, heart attack, and stroke are the leading causes of death for Filipinos. You can't tell when illness will strike, so it pays to be prepared. One way you can do that is by talking to AXA Philippines, one of the leading life insurance companies in the country. The recently launched AXA health solutions provide a lump sum benefit of at least P1 million in case of diagnosis of critical illness. Plus, just by talking to an AXA Financial Partner at any AXA, Metrobank, or participating PSBank branch nationwide about health emergencies and plans, you'll get a chance to win a brand-new Peugeot 3008. To learn more, drop by www.axa.com.ph/drive-to-health.



A POSITIVE RUN

Sports consultant Cindra Kamphoff, Ph.D., says that running in groups helps boost your pace without you even noticing it. Plus, group runs can also open your mind to new distances and training methods. No doubt, training in groups has its benefits, which was evident in the World Vision Run 2014. Organized by RunRio Inc. in Bonifacio Global City last June, this run had over 5,000 registrants and over 4,200 actual finishers, setting a new attendance record in the event's 3-year history. The "Run for Children" was a huge success as it provided an enjoyable and health-oriented event for runners of all ages. For more information, visit www.worldvision.org.ph.



MH

RADAR

Events & Promotions

Check out facebook.com/menshealthphilippines for our promotion updates.

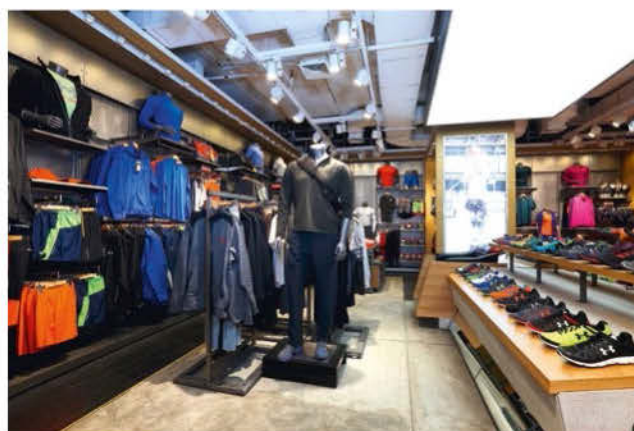


RISE LIKE D ROSE

The kicks you wear on the court could make or break your game. The American Academy of Orthopedic Surgeons says that basketball injuries often occur to the foot, ankle, and knee. Proper prep can help prevent such injuries, but so can the proper gear. Take for example the D Rose 5 Boost, the all-new basketball shoe from the D Rose collection by Adidas. These innovative kicks provide soft and lightweight cushioning, which will keep you going hard to the rack even late in the fourth quarter. This shoe also features a new EVA fit-cage for strength and support, a SPRINTWEB upper for lightweight support and breathability, and traction zones for an ideal court feel. For more info, visit news.adidas.com, www.adidasbasketball.com or follow Adidas on Twitter and Instagram @adidasHoops.

COMPRESS FOR SUCCESS

Compression wear doesn't just look cool; it aids in sports performance as well. Studies have found that weight lifters can lift more and runners can run longer with less soreness after using compression gear. So if you're looking to up your game, then you could do so with some compression wear from Under Armour (UA), which opened its latest branch in SM Megamall. Manila's two UA branches now offer the brand's latest innovations, including HeatGear Sonic, ColdBlack, UA Tech, UA Storm, HeatGear ArmourVent, and many more. Be sure to check out their products at either Megamall or Bonifacio Global City.



GO GREEN

A study conducted by the Louisiana State University School of Public Health found that men who eat a salad a day are more likely to get their recommended daily intake of many essential nutrients. A salad may not be the first thing to pop into your head when thinking of a satisfying meal, but it can be both healthy and delicious at the same time. For instance, you have the Nicoise Salad from the new Garden Fresh Greens selection in Eastwood Richmond Hotel. This particular dish comes with mixed greens, tuna flakes, potatoes, green beans, hard-boiled egg, and a dressing of your choice to keep you feeling full. For other options, you could try out the selection's new Greek Salad or Healthy Fruity Salad. All these choices come with a complimentary Soup of the Day, for only P380 net, every dinner time from Mondays to Thursdays. For inquiries and reservations, call the Eastwood Café at 570-7777. Visit www.richmondehotels.com.ph or [www.facebook.com/EastwoodRichmondeHotel](https://facebook.com/EastwoodRichmondeHotel) for more hotel information.

Men'sHealth

KNOWLEDGE TO GET YOU
FITTER, FASTER AND STRONGER
EDITED BY WAYNE JOSEPH TULIO



SHOCK THE SYSTEM

MERALCO BOLTS TEAM
CAPTAIN JARED
DILLINGER TAKES TO
BOARD SPORTS TO
RECHARGE HIS TRAINING
ROUTINE, ELEVATING HIS
GAME AND FITNESS
GAINS IN THE PROCESS

BY ENRICO MIGUEL T. SUBIDO
PHOTOGRAPHS BY DIX PEREZ

JARED DILLINGER KNOWS WHAT WAVES,
snow, and asphalt all have in common:
They can be carved. The swingman of
the Meralco Bolts in the PBA was born
in Colorado, where winter sports like
snowboarding are a regular pastime.

ON THE BOARD

108

INCINERATE THEN CELEBRATE
OFFSET THE SEASON'S BINGE
EATING AND DRINKING WITH
THIS PLAN

112

GIVE FAT THE SLAM
A SPARE TIRE IS ALL YOU'LL NEED
TO SCULPT MORE MUSCLE

114

LIQUID FUEL
FOUR QUICK FIX SMOOTHIES
THAT WON'T ADD INCHES TO
YOUR GUT



12.14

Men'sHealth

12.14

KNOWLEDGE TO GET YOU FITTER,
FASTER, AND STRONGER

MH

CELEBRATE,
THEN
INGENERATE

YOU ONLY NEED 30
MINUTES TO MAKE UP
FOR ALL YOUR



FUR ALL YOUR HOLIDAY BINGING, AND YOU DON'T NEED A GYM TO KEEP YOUR FITNESS GAINS INTACT

BY WAYNE JOSEPH TULIO
PHOTOGRAPHS BY TOTO LABRADOR

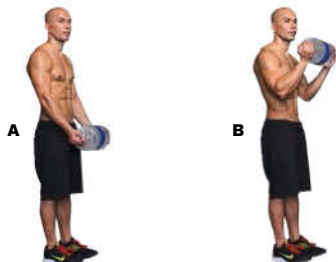
WE FEEL YOU. WE'VE ALL WORKED hard the whole year, so we think we deserve to party harder as the holiday season hits its climax. Where's the *lechon*, right? But the thing with the festive mood and the fat-sugar-booze fest we face this time of year is that they tend to make us more allergic to the gym.

That's why we've asked Dwan Abantao, fitness and lifestyle coach at Billy James Fitness Center in Quezon City, to design this full-body, no-gym-necessary exercise plan to keep us all in check. Home workouts done with readily available equipment (in this case, filled water bottles) guarantee that we still get our sweat on. With minimal rest periods per set, this 30-minute routine will increase your heart rate so you burn calories at optimal speed. Try it when you're pressed for time and don't give fat a chance to creep up on you.



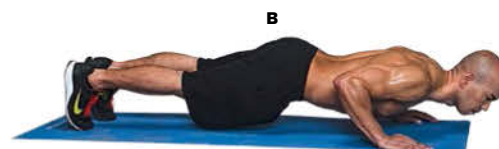
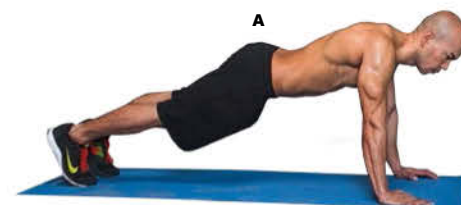
THE MH HOLIDAY WORKOUT

DIRECTIONS Do 12 to 15 reps of each exercise, pause for a few seconds after each set before moving on to the next exercise. Choose a water bottle size that will challenge you, while still being able to complete the workout.



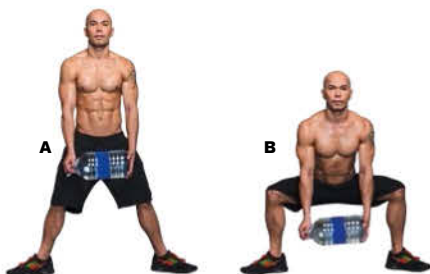
► Bicep Curl

[A] Stand holding a water bottle in front of your quads with your arms straight, palms facing forward. **[B]** While keeping your chest out, curl the bottle by bending both elbows until the bottle reaches chest level. Keep the movement slow.



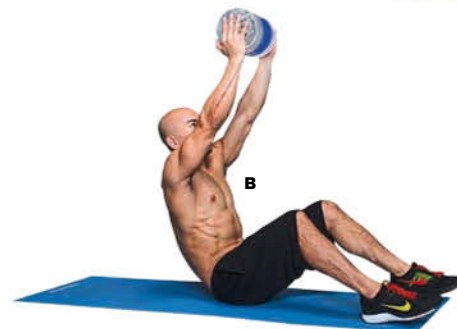
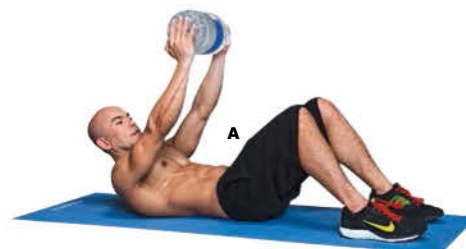
► Push-up

[A] Assume the push-up position, resting your weight on your hands and toes with your arms straight. There should be a straight line from your shoulders to your heels. **[B]** Lower yourself by bending both elbows until your chest is close to the floor, then push yourself back up.



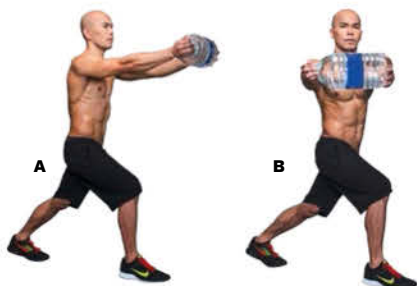
► Hack Squat

[A] While holding a water bottle with both hands, stand with your feet wider than hip width apart, your toes pointing outward. **[B]** Lower yourself by pushing your hips back and bending your knees, going as low as you can. Keep your back straight at all times.



► Sit-up

[A] Lie on a mat holding a water bottle while keeping your arms straight, your knees bent, and your feet flat on the floor. **[B]** Lift your upper body off the floor starting with your shoulders, contracting your core until the water bottle is above your knees.



► Standing Oblique Twist

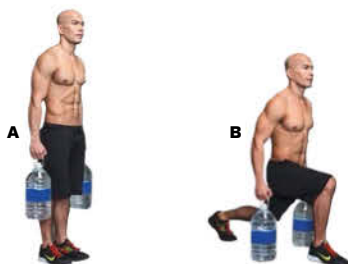
[A] While holding a water bottle, stand up with your arms extended forward. **[B]** Step your right foot forward and twist to your right. Reverse the motion and repeat the sequence with your left foot forward. That's one rep.



Exercise for three sets. After you're done with each set, rest for a minute after you complete three exercises. For the exercises with filled water bottles, pick up the bottles still allowing you to do the desired number of reps.

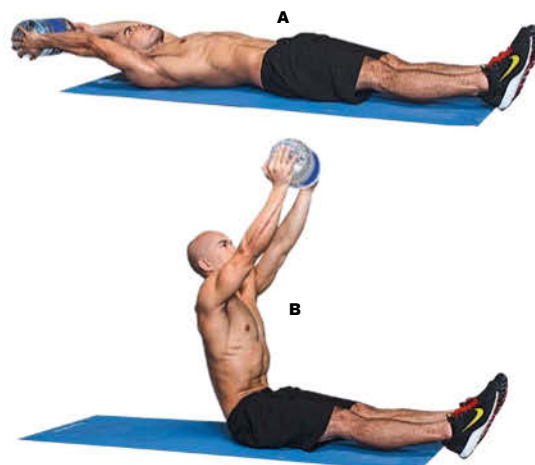
BONUS WORK: Always use stairs instead of elevators, don't use your car on short trips, and park farther than usual so you walk more. Abantao says it's the best way to squeeze in some cardio work throughout the day.

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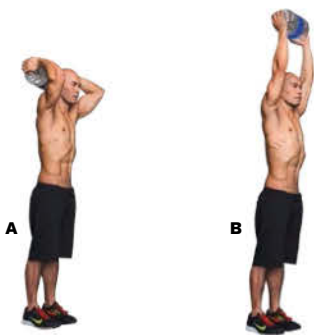
► Alternating Lunge

[A] Stand holding a water bottle in each hand. **[B]** While keeping your back straight and your core engaged, lunge forward with your right leg and bend both knees until your left knee is close to the floor. Reverse the movement and do the same with your left leg. That's one rep.



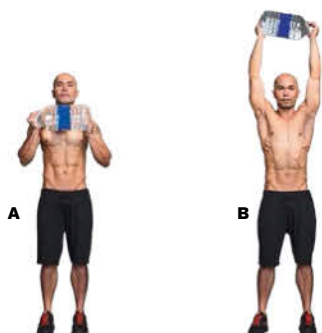
► Full Sit-up

[A] Lie on a mat holding a water bottle while keeping your arms and legs straight. **[B]** Lift your upper body off the floor starting with your shoulder, contracting your core until you end up in a seated position.



► Tricep Extension

[A] Stand holding a water bottle at the back of your head with both your elbows bent. **[B]** Extend your arms until the bottle ends up above your head. Keep your arms close to your head throughout the move.



► Water-Bottle Press

[A] Stand holding a water bottle at chest level with both hands, your elbows close to your body. **[B]** While keeping your back straight and your core engaged, press the bottle above your head until your arms are fully extended. Slowly go back to the starting position.



► Lateral Raise

[A] Stand holding a water bottle in each hand. **[B]** Raise your arms sideways until they are parallel to the floor. Make sure your elbows are at a much higher angle than your wrists. Keep your chest out and your back straight throughout the move.





When he went to Hawaii for college, he quickly transitioned to surfing. Now that he's living in the concrete jungle that is Metro Manila, it's all about lacing up his Nike SBs and cruising down the block on his longboard. Yeah, it's safe to say Dillinger knows his boards.

"For me, skating is a way to disconnect from the lifestyle of a professional basketball player," he says. "Don't get me wrong—it's great playing for the PBA and the National Team. But with all of that, there's a lot of pressure, lots of expectations, responsibilities, and high accountability that you have to uphold. Something as simple as surfing or skateboarding is my way of zoning out."

Now in his seventh year in the PBA and currently holding down captain duties for the Bolts, Dillinger is all too familiar with the word 'responsibility.' "If one of the rookies is going through something crazy, I just tell him to keep it simple: Just play ball," he shares. He adds that his position also entails showing the newbies the kind of work ethic needed to keep improving on the court: "I believe that if you really want to be a great player, you have to do solo practice, extra gym work, work with a trainer. Basically, [you have to] go to extreme lengths to get your work in—and then do it all again the next day."

The grind may well be normal now for Dillinger, but he knows, too, that burnout is inevitable if you constantly push yourself. Longboarding or catching waves gives him the mental break he needs without sacrificing his fitness. "Several board sports can be fun," he attests. "Personally, they're good ways to change things up from my regular workout."

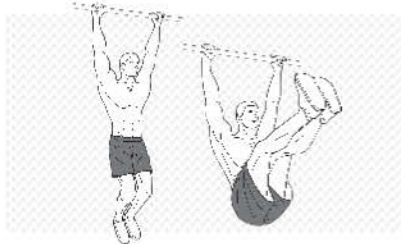
Even the exercise experts agree. A study conducted at Auburn University in the US found that pushing on a flat terrain can "accelerate your cardiovascular system and burn between eight and an impressive 12 calories per minute," explains Exercise Science professor Michele Olson, Ph.D., one of the study's authors. What's more, because you have to maintain your balance on the board, Olson adds that "your abs have to work with your back to keep your spine aligned."

Even if board sports benefit his basketball game, Dillinger knows he can't get carried away with his cross-training activities. "You can't have the invincible mentality where you think you won't get hurt," he points out. "A lot of people are gonna be mad at me if I show up at practice with burns or road rash, so I have to take it easy a little bit!" He knows that to enjoy both his regular training and his other hobbies,



► KEEP YOUR CORE TIGHT

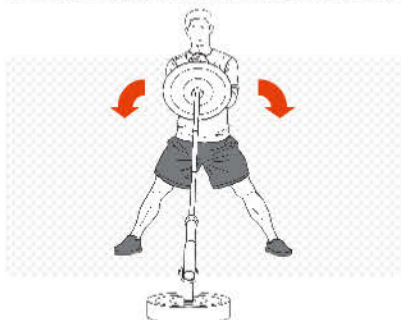
A strong core is necessary to maintain your balance and change directions when playing basketball and doing board sports. Jared Dillinger swears by these three moves for keeping his midsection fired up



1 The Move: Toes to Bar

WHY HE LIKES IT: “They activate everything—not just your abs, but your back and obliques as well.”

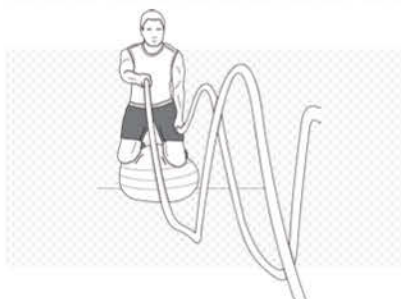
DO IT: Hang from a pull-up bar with your arms close to your ears. Pull your thighs toward your chest and swing your toes toward the bar. Keep your legs and neck straight throughout the move.



2 The Move: Truck Drivers

WHY HE LIKES IT: “It’s more functional [than crunches] and really develops more muscles in the core area.”

DO IT: Wedge a barbell into a landmine contraption or the hole of a weight plate. Slap on weights on the other end and hold the barbell with both hands. Rotate your arms and waist to your right, then to your left. Keep your arms straight and your core engaged at all times.



3 The Move: Swiss Ball Rope Battle

WHY HE LIKES IT: “It’s pretty challenging because it keeps me off-balance.”

DO IT: Kneel on a Swiss ball and get into a stable position while holding a rope end in each hand. Alternately swing your arms up and down. Try to maintain your balance throughout the desired length of time.

Styling by KRING LEYCO FOR MISS KAYCEE; Grooming by TIN ALBANO; Clothes by TEAM MANILA; Special thanks to MS. LANA JOHNSON; Illustrations by JEROME DE DIOS



“IN ANYTHING YOU DO, THERE HAS TO BE PASSION BEHIND THAT FUN”

he needs to achieve balance. He shares three simple rules that have helped him attain this elusive equilibrium.

KNOW WHEN TO ZONE OUT

Practice, gym time, and games make up a huge chunk of a pro athlete’s schedule. While he does get paid to play ball, Dillinger admits that the grind still gets to him occasionally. “You have to be able to notice when you’re working too hard, and you have to tell yourself to chill out. In my case, it would involve getting on my board and skating for a bit so I can click off. It still keeps me active,” he says.

Apply it: When you feel monotony seeping into your fitness routine, try other activities that keep you moving. The type of break afforded by cross-training is good for the body and the mind. “Adding variety to the workout improves motivation and can assist to keep the athlete interested,” write Roger Bartlett, Chris Gratton,

and Christer G. Rolf in the *Encyclopedia of International Sports Studies*.

ADOPT A BALANCED APPROACH

Doing whatever you like, especially during workouts, may seem more fun, but it could lead you to neglect the other areas of your body that need attention. “In anything you do, there has to be passion behind that fun. For stuff you really enjoy doing, you can’t just pick and choose aspects of it,” Dillinger stresses.

Apply it: Always choose a holistic approach when it comes to your sport or workout. “You can’t just think about shooting threes and getting buckets. You have to think about defense, team chemistry, the training room, and watching tape, too,” states Dillinger. “In skating or surfing, you can’t just think about carving it up—you have to be ready to accept road rash and coral cut.” Taking this route also allows you to see the beauty of the things you didn’t like doing before. “Being able to forego the baggage that comes with anything you do—that’s real fun,” he adds.

COMPETE AGAINST YOURSELF

Dealing with expectations comes with the territory of being a pro athlete. Sportsmen are regularly compared with others or measured against goals set for them. But Dillinger shifts his focus from external factors to his own performance in training and on the court. “Everyone has these expectations; they all want you to do something. [But] in the end, if you just keep it simple and you stay true to yourself, it’s so much easier than trying to get caught up in so many crazy things that come along,” he remarks.

Apply it: Take a page out of Dillinger’s playbook and concentrate on your own performance. You’ll increase your motivation to do well. A Pennsylvania State University study found that comparing yourself with others amplifies feelings of shame when you fail in competence-based tasks. The amount of shame you feel can influence your decision to complete a task, so “[focusing] on what [you] can achieve rather than on what [you] can lose” can help you perform better, notes study author David Conroy, Ph.D. ■





RESISTANCE BANDS
GIVE YOUR MUSCLES
A GOOD BURN

JOIN THE RESISTANCE

ADD THIS VERSATILE
TOOL TO YOUR
TRAINING ARSENAL FOR
BIGGER, FASTER GAINS

BY GABRIEL A. PANGALANGAN
PHOTOGRAPHS BY MIGS CASTRO

RESISTANCE BANDS DON'T WEIGH MUCH, BUT don't let their lightness fool you into thinking they're not worthy for the gym. "Some people see them as a tool just for assistance or for therapy, but they [help in] strengthening muscle tissue and improving range of motion," says Kirk Hidalgo, C.S.C.S., program director at Functional Fitness Performance Center at The Podium Mall in Mandaluyong City.

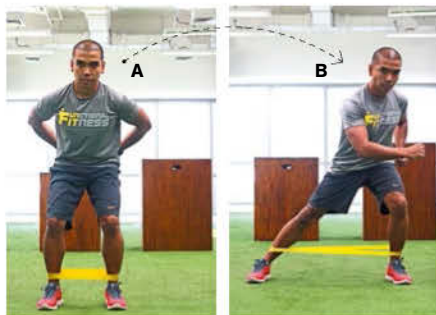
It's true that resistance bands initially served as implements of injury rehabilitation, but they are now used for warm-up exercises, actual workouts, and even cool-downs. Hidalgo explains that the continuous tension they provide improves neural drive and activity from your brain to the muscle tissue. The result: Stronger muscles and steadier joints. Especially during warm-up, where the consistent tension awakens dormant muscles and helps increase body temperature.

The benefits go beyond priming your body for movement. A study published in the *British Journal of Medicine* found that resistance-band exercises hit oft-neglected muscles and help prevent injuries. And because the bands are pliable, they allow you to do moves in different planes of motion. They facilitate muscle recovery without limiting the range in which you can stretch your muscles, thus easing the usual post-workout tightness.

You can easily get a full workout session with these portable stretchy tools at the comfort of your own home. Get flexing to give your body a much-needed change and bust exercise plateau.

1. Warm-up with the Band

Activate your muscles pre-workout with these three resistance-band exercises recommended by Kirk Hidalgo, C.S.C.S.



TUBE WALKING

A Place both ankles inside a tube band and stand with your feet planted shoulder-width apart, your knees slightly bent, your butt out, and your shoulder blades back.

B Take a lateral step to the right with your right leg, followed by your left leg. That's one step. Do a total of five steps to the right, then five to the left.



PLATFORM SHOULDER ACTIVATION

A Assume the push-up position with both wrists inside a tube band and a step or a platform at eye level. Make sure your feet and hands are shoulder-width apart, and your arms are fully extended.

B While resisting the tension of the band, place your right hand on the platform, followed by your left hand. Reverse the motion to return to the starting position. Do 10 reps.

SHOT ON LOCATION AT FUNCTIONAL FITNESS PERFORMANCE CENTER, THE PODIUM MALL



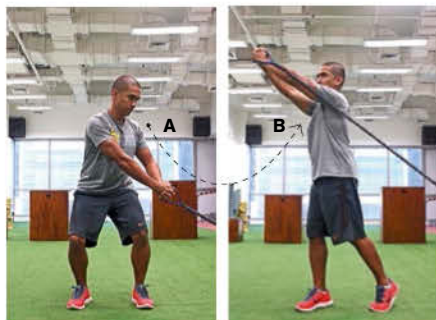
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For magazines that move, inspire, and change lives, look for the true symbol of passion found only in Summit titles. Only our magazines deliver what you need—not merely colorful words and images, but features that jump off the page and matter in real life. Your life.



2. Stretch for More Muscle

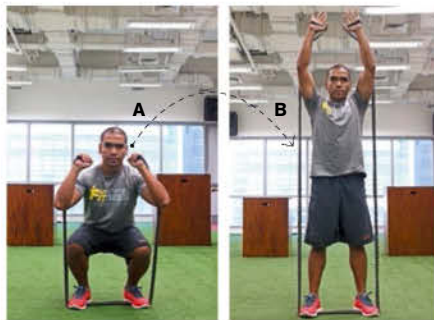
These next three moves are resistance band versions of weight bearing exercises



BAND TRUNK ROTATION

A Anchor the band low and stand with your left side facing the anchor point. Grab the band with both hands, making sure your arms are fully extended so that your hands are near your left hip.

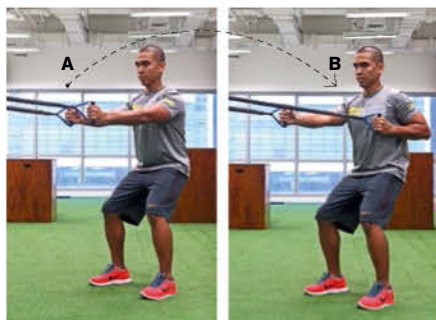
B Rotate your body to the right while bringing your hands up at a 45-degree angle. Keep your arms fully extended throughout this movement, then slowly return to the starting position. Do this for 30 seconds and switch sides.



SQUAT TO PRESS

A Grab the ends of the band and step on it with your feet shoulder-width apart. Lower yourself by pushing your hips back and bending your knees until your thighs are parallel to the floor. Keep your hands near your shoulders.

B As you stand back up, press the band above your head until your arms are fully extended.



ALTERNATE ROW

A Anchor the band around a post or a tree at chest level and hold each end of the band with one hand. Face the anchor point with your feet shoulder-width apart, your knees slightly bent, and your shoulder blades back. Make sure you have a good distance between you and your anchor point so that the band doesn't have any slack.

B Pull in one end of the band with your left hand until it hits the side of your chest. Return your left arm to full extension, then repeat the movement with your right arm.



ARM AND LEG EXTENSION

A Take a band and loop it underneath your left foot. Get down on all fours with your arms fully extended.

B Grab the band with your right hand and raise it forward while extending your left leg backward. Keep your back straight at all times. Do five reps then switch sides.

3. Say No to Tightness

Loosen your muscles post-workout with these cool-down stretches



HAMSTRING STRETCH

A Sit on the floor with your legs extended in front of you. Place the band around your right foot and grab its ends. Lie down on the floor, raising your right leg at a 90-degree angle. Make sure your left leg remains flat on the floor. Hold this for 30 seconds, then switch sides.



LATERAL STRETCH

A Anchor the band at chest level with the left side of your body facing the anchor point. Grab the ends of the band with both hands.

B Extend your right arm straight up, then place your weight on your right leg and hip, giving your right lateral muscle a good stretch. Hold for 30 seconds, then switch sides.



PECTORAL STRETCH

A With the band anchored at chest level, grab its ends with both hands, your back facing the anchor point.

B Take a few steps forward as the band pulls your arms straight back, palms facing outward, stretching out your pecs. Hold this for 30 seconds. ■

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TIMEX

LIGHT UP THE HOLIDAYS

INDIGLO night-light

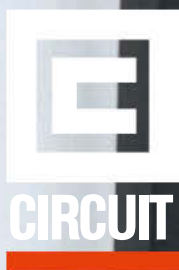
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2015 **BIKEKING** Multi Sport Race Calendar

FEB₁₅  Speedway Duathlon 4km RUN - 40km BIKE - 4km RUN Speedway Criterium 40km Criterium Speedway Time Trial 40km Individual Time Trial Venue: Clark International Speedway	MAR₁  Tri United 1 1.5km SWIM - 40km BIKE - 10km RUN SPRINT TRI:1 Venue: Subic, Olongapo	Aboitiz Tri 2015 1.5km SWIM - 40km BIKE - 10km RUN  aboitiz TRI2015 Venue and Date TBA	MAR₂₂  Bike King Aquathlon Sprint Distance Venue: Metro Manila	JUL₅  Tri United 2 2km SWIM - 60km BIKE - 15km RUN SPRINT TRI:2 Venue: San Juan, Batangas
SEPT₆  Bike King Duathlon 6km RUN - 60km BIKE - 4km RUN Venue: Porac, Pampanga	OCT₂₅  Tri United 3 1.9km SWIM - 90km BIKE - 21km RUN 1km SWIM - 60km BIKE - 10km RUN TRI:3 Venue: Subic, Olongapo	NOV₂₂  Tri United 4 SPRINT TRI:4 Venue: Clark, Fontana	DEC₅  226 Triathlon 3.8km SWIM - 180km BIKE - 42km RUN Venue: Panglao Bohol	<p>www.bikekingphilippines.com</p> <p>registration@bikekingphilippines.com</p> <p>www.facebook.com/BikeKingPhil</p>



PUMPING RUBBER

TORCH FAT AND SCULPT YOUR PHYSIQUE WITH THE HELP OF A SPARE TIRE

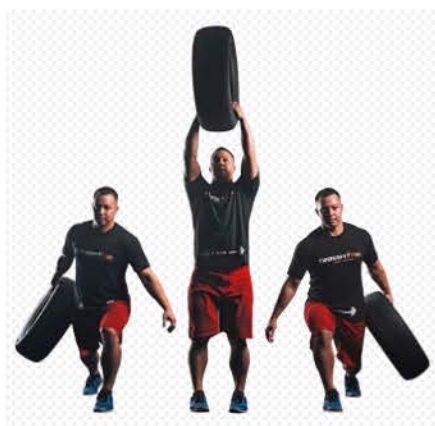
BY GABRIEL A. PANGALANGAN • PHOTOGRAPHS BY MIGS CASTRO

ALTHOUGH THE DEPARTMENT OF HEALTH'S GUIDELINES for dengue prevention say you should dispose of that old spare tire, we offer a better option: Just keep it clean and put it in your home gym. It's a great exercise tool because compared with using regular weights and resistance equipment, working out with a tire challenges the body's major muscle groups with each move. "A tire has that kind of flimsiness that helps build stability," says Mike Basco, head coach at CrossFit MNL Kapitolyo.

If you don't have a tire lying around, you can easily get one cheap at your local junk shop. It's hella durable, too—you can drag, drop, or slam it on a wall or the floor, and it'll take all the punishment while helping you sweat buckets. Want to know what we mean? Try out this full-body circuit plotted by Basco. It's a 15-minute workout that hits the body's major muscle groups and incorporates bonus power moves to keep your inner furnace burning. Time to get rolling.

▶ HOW TO DO IT

Perform this workout as a circuit, doing as many reps of each move as you can for 30 seconds before moving on to the next exercise until you complete all five. After a set, rest for 45 to 60 seconds, then go again. Do 4 to 5 sets.



1 Lunge Overhead Switch

While holding the tire with your right hand, assume the lunge position with your right leg back. Step your right leg forward until you end up in a standing position, then swing the tire in front of you until it's overhead. Quickly switch grips by grabbing the tire with your left hand. As the tire swings back down in your left hand, lunge your left leg backward.



2 Side-to-Side Wall Swings

Stand with your back a few inches away from a concrete wall. Hold the tire at its inner rim with both hands, and rest it in front of your hip. Contract your core and engage your hips as you twist your upper body to the right while raising the tire to eye level. After the tire hits the wall, rotate your body and hit the wall on the opposite side. Keep slamming the tire from side to side for 30 seconds.



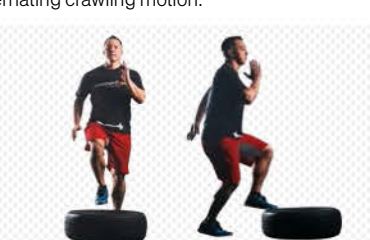
3 Thrusters

Stand holding the tire above your shoulders, your head poking out the tire's hollow center. Lower your body by pushing your hips back and bending your knees as much as you can. As you stand back up, press the tire above your head. Keep your back straight at all times.



4 Alligator Crawl

Tie a rope or a resistance band around your waist and around the tire. Assume the alligator crawl position on the ground, with your right knee touching your right elbow and your hands on the ground. Prop yourself up on all fours, then shift your right arm and left leg forward, making sure your left knee touches your left elbow. Continue this alternating crawling motion.



5 Rotating Fast Feet

Position the tire flat on the ground and stand facing it. Alternately tap the tire with your right foot and your left foot while going around it in a counter-clockwise direction. Swing your arms up and down as you do this.

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For more than 18 years we have grown to trust the Cherifer brand of food supplements/vitamin preparations brought to us by INTERMED, a proudly Filipino owned company dedicated to the health and growth of the whole Filipino family. Throughout almost two decades of passion and commitment to the Filipino consumer, INTERMED has grown with you and an entire generation with the introduction of Cherifer Syrup for the kids, Cherifer PGM for teens, and Cherifer Premium for Adults!

INTERMED was also the first to bring us Chlorella Growth Factor (CGF) which is the key ingredient in all Cherifer variants. CGF is extracted from Chlorella, a fresh water algae rich in proteins, vitamins, and minerals. CGF promotes rapid growth in kids and teens while facilitating cell rejuvenation for active adults. The need for maximized growth and faster recovery reinforces the fact that you never outgrow Cherifer!

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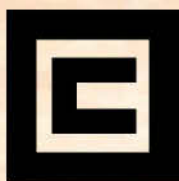
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RUNNER'S

CHOICE

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Runnr Cebu Sports Central Megamall
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FUEL

BANANA GRAPE MANGO SMOOTHIE

Ingredients:

- 1/2 cup plain yogurt
- 1 medium banana
- 1/2 cup seedless grapes
- 1/2 cup frozen mango chunks
- 1 tablespoon honey

It's good for: Cooling off. Bananas, grapes, and mangos are natural sweeteners and highly refreshing. Balanced with plain yogurt, you've got a winning drink that's perfect for sweltering afternoons.

ENERGY BLUEBERRY SMOOTHIE

Ingredients:

- 1/2 cup fresh or frozen blueberries
- 1/2 ripe banana
- 1/2 cup plain yogurt
- 3/4 cup ice
- 1/2 cup brewed and chilled green tea
- 1 to 3 teaspoons chia seeds
- 1 teaspoon honey

It's good for: Pre-workout. The caffeine jolt from the brewed and chilled green tea is this smoothie's kicker. You can have this for breakfast on-the-go, too.

BERRY SPINACH SMOOTHIE

Ingredients:

- 1 cup spinach leaves
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 ripe banana
- 1/2 cup milk
- 2 tablespoons old-fashioned oats
- 1 tablespoon sugar

It's good for: A meal replacement. Get an extra antioxidant boost from the berries, healthy greens from the spinach, and stay full and satisfied thanks to those old-fashioned oats.

BANANA NUT SMOOTHIE

Ingredients:

- 1 banana
- 2 tablespoons oats
- 1 tablespoon almond meal
- 1 cup milk
- 2 tablespoons Greek yogurt
- a dash of cinnamon
- 2 tablespoons chopped walnuts
- 1 tablespoon honey

It's good for: Post-workout. It's delicious and packed with protein and carbohydrates. It's got all the components needed to help you hydrate, replenish, and jump-start muscle recovery.

BLENDED MAGIC

FIVE SIMPLE RULES FOR BLENDING REFRESHING AND ENERGY-BOOSTING SMOOTHIES THAT WON'T SABOTAGE YOUR DIET

WORDS AND FOOD STYLING BY REGINE RAFAEL • PHOTOGRAPH BY CHRISTIAN HALILI

SMOOTHIES CAN BE A COMPLETE MEAL in a glass. Toss the right ingredients in a blender and you've got yourself a great meal replacement. It's also a fuss-free option for a pre-workout boost and a replenishing drink once you're done dishing out reps. But you can easily waste the benefits if you mess up your recipe. Follow these simple rules to keep your smoothie deliciously nutritious.

RULE 1: DON'T OVERLOAD ON SUGAR!

Use the natural sugars from fresh fruits to sweeten up your smoothies. "[They] not only contain natural sugar, but vitamins and fiber—promoting healthy skin and digestion," says Maria Rocas Rances, R.N.D., a therapeutic dietician at St. Luke's Medical Center. Use honey if you need an extra dash of sweetness.

RULE 2: ADD GOOD FATS

Avocados, almond butter, chia seeds, and coconut oil will definitely blend with your

smoothies. These help induce satiation, making you feel less hungry while providing energy. "Good fats like almond or peanut butter are also a great source for antioxidants, and vitamins B and E. Go easy on these as they can be high in calories," adds Rances.

RULE 3: SPICE IT UP

A dash of cinnamon, cayenne pepper, or cardamom helps regulate blood sugar levels. They also help you feel less bloated and promote better nutrient absorption, says Marie Gonzales, owner of Kitchen Revolution.

RULE 4: ADD GREENS

Adding green veggies won't make your smoothie less drinkable. For starters, try spinach. It has a milder taste compared to other leafy veg that will easily blend with the rest of your ingredients, explains Gonzales.

RULE 5: KEEP IT SIMPLE

Less is more when it comes to a good smoothie. A select few ingredients can keep it tasty while adding much needed fiber to aid digestion. Try these four MH approved recipes.

BLEND STELLAR SMOOTHIES

A newbie in the smoothie world? Try these tips to get the most out of your liquid boost

Put liquid in first. When surrounded by water or juice, the blades will move freely. Then you can add your veggies and fruits.

Start slow. If your blender has different speeds, you can start slow so it easily breaks up larger chunks of fruits and veggies, then work your way up to a faster speed so you can puree.

Balance with ice. If you made the mistake of adding too much juice, you can always throw in a few ice cubes to make it less sweet.

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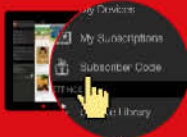
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One Last Thing™

WHEN NON-SENSE MAKES
COMMON SENSE
EDITED BY THE MH STAFF

34 Goals You Can Shrug Off

To live a full life, it helps to have both big dreams and everyday hopes. But it's also crucial to know when to relax and cheerfully admit: Not gonna happen

BY STEVE CALECHMAN

DREAM ON

Fantasies don't all come true, so learn to downscale



I WILL NEVER...

Have a threesome

Sustain a political dynasty

Own rental property

Read Shakespeare or *War and Peace*

Have a pristine inbox

Know a lot about wine

...or jazz, or opera, or classical music

Find a better sawsaw than *toyomansi*

Write a novel

Care about swimming in non-Olympic years

Meet a woman when she's in her once-in-a-lifetime "slutty period"

Speak a third language fluently

Shoot pool like Efen "Bata" Reyes

Spend more than five minutes of research on fantasy basketball

Change my own oil

Enjoy the music of Lito Camo

Chop down a tree

Shrug off a loss in pick-up hoops

Jump out of a plane

Hit a red light when something needs to be found in the car

Rotate my mattress

Know—let alone pick up—a supermodel

Run with joy and the sensation of floating

Race Formula 1

Learn karate

Learn to read sheet music

Understand the rules of craps

Spell "rhythm" without the help of spell check

Enjoy quinoa

Attach car tint by myself

Update software with full confidence

Successfully fold a fitted sheet

Own a Ducati

Replace any filter on its proper schedule

FAKE IT WITH THIS FACT

Think geographically: A cool climate produces wines that are more acidic. Acidity is helpful with food; it cuts through richness, causes your mouth to water, and makes you want another bite. Ordered a rich dish? Think Oregon or Germany, not Napa or Tuscany. Your expert: Juliette Pope, beverage director at Gramercy Tavern in New York City

KNOW THE KEYWORDS

Before you go, learn "hello," "thank you," and "beautiful." A compliment—whether it's for a shop, a meal, or a family—lowers defenses. "Beer" will lead you to friendly locals, and locals will teach you two key phrases: one that stops souvenir hawkers, and a mild profanity that, when delivered with a smile, can further ingratiate. And if you learn the word for "beer," learn the word for "bathroom."

Your expert: Boyd Matson, host of *National Geographic's Wild Chronicles*

SCORE YOURSELF INSTEAD

Approach any kind of game with a few "process goals" that you can control—like boxing out in hoops. After a game, strip off your uniform to create distance. Then tap out notes on what you did (or didn't) do well. Giving form to your analysis helps you improve—and quells the urge to constantly retell what happened. Because nobody cares.

Your expert: Charlie Brown, Ph.D., performance and sport psychologist, Charlotte, North Carolina

TRY SOMETHING SLOWER

Serious go-karting, complete with racing suit and helmet, is fun, safe, and attainable. And the speeds you reach feel plenty fast when you're that close to the ground. Take corners from the outside to the inside, and then move back out. The wider the radius is, the faster you can take a turn. If you have to slow down for a turn, do so on the straightaway. Working the pedals and wheel at the same time is not efficient.

Your expert: Casey Carden, chief instructor, Skip Barber Racing School

SERVE IT COLD

Treat quinoa like couscous—rinse it, cook it, chill it, and drizzle on some olive oil and lemon juice. Then mix in some vegetables along with olives or feta for saltiness. Chilling restores the firmness that cooked quinoa can lack. Or add uncooked quinoa to soup or stew for the last 15 minutes. It acts as a thickener and imparts nuttiness. And it gives you a nice protein hit.

Your expert: Brad Farmerie, executive chef at Public restaurant, New York City



THE AWESOME POWERS OF GREEN TEA

(Drinking Premiere Green Tea every day can do wonders for your health and overall well-being.)

Premiere Green Tea is fast becoming the drink of choice among sports enthusiasts and health buffs like Carlos Agassi and Sunshine Garcia.

A television host, rap artist, and restaurateur, Carlos Agassi is an inspiration to those who want to get fit and fab. He works out, watches what he eats, and even takes up courses in exercise and fitness.

Terpsichorean Sunshine Garcia first gained popularity as a member of the Sexbomb group. She later moved on to acting, starring in the long-running series *Daisy Siete*. These days, she can be seen in *Banana Nite* as well as on the covers of men's magazines like *FHM*.

HERE, THE TWO REVEAL WHY THEY LIKE PREMIERE GREEN TEA!

IT TASTES GREAT

Flavored with lemon and calamansi, Premiere Green Tea is quite refreshing. Sunshine says, "It's delicious. I drink it in the morning as a cold beverage. It's not like regular tea. It's more like a juice."

IT GIVES A BOOST OF ENERGY

Green tea is an antioxidant while yerba mate enhances endurance, making Premiere Green Tea a formidable energy drink. Carlos says, "I drink it regularly. If I don't, I feel sluggish. I do a lot of physical activities, so I need the energy."

IT HELPS IMPROVE THE DIGESTIVE SYSTEM

Sunshine says her tummy has been functioning better since she started taking Premiere Green Tea. That's because Premiere Green Tea has fiber and prebiotics, which help regulate the digestive system.

IT'S EASY TO BRING

Premiere Green Tea comes in a convenient sachet, making it easier for Carlos to take healthy breaks between tapings. He says, "I always have a couple of packs with me wherever I go."

Carlos adds, "Personally, I want the best for myself. Any product I put in my body, it's really the best." And with Premiere Green Tea, he gets only the best!

GO GREEN

A quality product of JC Premiere International, Premiere Green Tea is formulated with ingredients that are great for your body.

- ➔ Green Tea Extract helps control your blood sugar level and lower your cholesterol and blood pressure. It helps you fight infections better, lose weight faster, and look younger.
- ➔ Psyllium Fiber makes you feel full and works wonders on your digestive system.
- ➔ Prebiotics takes care of your digestive health by preventing the growth of harmful bacteria and promoting healthy intestinal activity.
- ➔ Yerba Mate helps control your weight, assists your digestion, boosts your cardiovascular health, and improves your endurance.



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